

Prune-Stuffed Pork

www.relish.com
Relish Magazine

1 two-to-three pound pork loin
15 to 20 prunes
Cajun seasoning
1 tablespoon oil
1/2 cup chicken broth
fresh thyme sprigs

Preheat the oven to 375 degrees,

Make a slit in the center of the pork loin with a sharp, long knife.

Push prunes into the slit, stuffing them from both ends with the end of a spoon or your fingers. Rub the pork with your favorite Cajun seasoning.

Brown in oil in a heavy, ovenproof skillet.

Add the chicken broth and fresh thyme.

Place in the oven and roast 30 to 45 minutes.

Per Serving (excluding unknown items): 569 Calories; 20g Fat (30.3% calories from fat); 25g Protein; 79g Carbohydrate; 9g Dietary Fiber; 47mg Cholesterol; 425mg Sodium. Exchanges: 3 Lean Meat; 5 1/2 Fruit; 2 1/2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	569
% Calories from Fat:	30.3%
% Calories from Carbohydrates:	53.2%
% Calories from Protein:	16.5%
Total Fat (g):	20g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	47mg
	79g

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.8mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	10mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 9g
Protein (g): 25g
Sodium (mg): 425mg
Potassium (mg): 1404mg
Calcium (mg): 87mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 2509IU
Vitamin A (r.e.): 252 1/2RE

Grain (Starch): 0
Lean Meat: 3
Vegetable: 0
Fruit: 5 1/2
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	569	Calories from Fat: 172
-----------------	-----	------------------------

% Daily Values*

Total Fat	20g	31%
Saturated Fat	4g	18%
Cholesterol	47mg	16%
Sodium	425mg	18%
Total Carbohydrates	79g	26%
Dietary Fiber	9g	35%
Protein	25g	
Vitamin A		50%
Vitamin C		7%
Calcium		9%
Iron		22%

* Percent Daily Values are based on a 2000 calorie diet.