

Stuffed Pork Roast

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-stuffed-pork-roast-recipe>

Ingredients:

- 2 1/2 pounds pork roast filleted open
- 1 tablespoon extra virgin olive oil
- 4 garlic cloves grated
- 1 teaspoon kosher salt each, and ground black pepper
- 1 onion
- 5 ounces sundried tomatoes in oil
- 10 ounces fresh spinach
- 1/2 cup plain bread crumbs
- 1/2 cup grated Parmesan cheese
- 2 tablespoons olive oil
- seasoning for on top of the pork roast
- 1 tablespoon extra virgin olive oil
- 2 teaspoons kosher salt each of, and ground black pepper
- 2 teaspoons onion powder each of, and garlic powder
- 1 tablespoon paprika

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 190 milligrams
4. Fat: 34 grams
5. Fiber: 5 grams
6. Protein: 73 grams
7. SaturatedFat: 8 grams
8. Sodium: 2370 milligrams
9. Sugar: 2 grams

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