

Dried Fruit

left coast
ORGANICS

Organic Prunes - Pitted

Country of Origin: USA

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 5-6 pieces (40 g) / par 5-6 pièces (40 g)

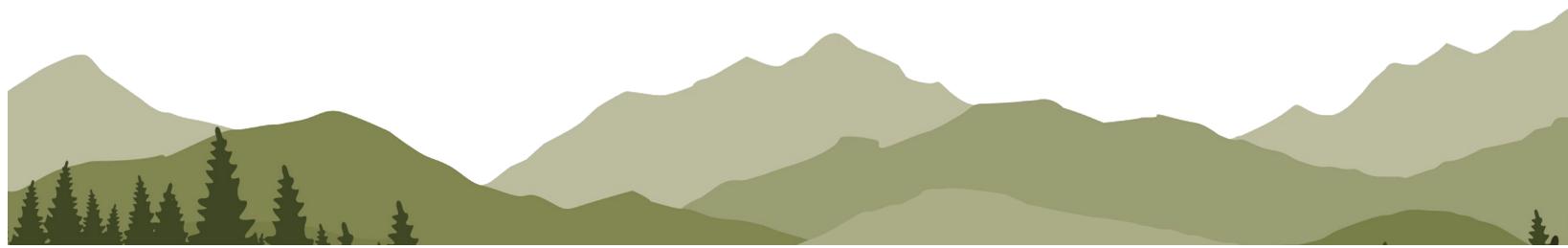
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 100	
Fat / Lipides 0.2 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 1 mg	0 %
Carbohydrate / Glucides 26 g	9 %
Fibre / Fibres 3 g	11 %
Sugars / Sucres 15 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	2 %

Factoid:

Prunes have the reputation for being a laxative because of their high dietary fibre content. However, this fibre also aids in reducing cholesterol levels. Prunes are rich in fibre because of their high levels of pectin. The prune is also notable for its levels of vitamin B6, potassium, and iron.

Ingredients:

Organic pitted prunes



Recipe:

Fruited Pork Tenderloin

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Ingredients:

2 pork loin tenderloins, about 1 1/2 - 2 lbs total	1 onion, chopped
Salt Freshly ground pepper	1/2 C beef stock
1/3 C pitted prunes, chopped	1/2 C white wine
1 C fresh bread crumbs	2/3 C pitted prunes
1 small onion, finely chopped	2 Tbl brandy, optional
1/2 tsp dried leaf thyme	Tbl whipping cream, optional
1 egg yolk	Fresh mint or parsley sprigs
2 Tbl vegetable oil	

Instructions:

1. Preheat oven to 350F.
2. Split pork tenderloins halfway through lengthwise with a sharp knife; flatten slightly. Season tenderloins with salt and pepper.
3. To make stuffing, combine prunes, bread crumbs, onion and thyme. Season mixture with salt and pepper; stir in egg yolk. Spread stuffing over 1 tenderloin; cover with second tenderloin. Tie into a roast with string.
4. Heat oil in a large skillet over medium heat; sauté; roast until browned. Transfer to a shallow baking pan.
5. Add onion to fat remaining in skillet; sauté; until lightly browned. Add stock, wine and prunes to skillet. Season with salt and pepper; bring mixture to a boil.
6. If desired, in a small saucepan, warm brandy. Pour warmed brandy over browned roast; ignite brandy carefully. When flames die, pour sauce over and around roast; cover pan with foil or lid.
7. Roast in preheated oven 45-60 minutes or until roast reaches an internal temperature of 170.
8. Remove string from roast; cut into slices. Place slices in a serving dish. Stir cream into cooking sauce, if desired. To serve, spoon prunes and cooking sauce over pork slices. Garnish with mint or parsley. Makes around 4 servings.

Farmer:

Sowden Bros

The old-fashioned traditions of hard work, integrity and service, have long been the mainstays of their business model for success. For over 30 years, these have been the ingredients of the success for the Sowden Bros., an organic farming operation that grows approximately 350 acres of certified organic prunes in the heart of the Sacramento Valley. The Sowden Bros. are first generation farmers. In 1976, they bought a 25 acre prune ranch in Southern Butte County. This was their start. Today they farm nearly 350 acres of organic prunes near Live Oak, California. Live Oak is a small town in the fertile traditions, just east of the Sutter Buttes, 60 miles north of Sacramento. They also buy prunes from other organic growers. All of the prunes they grow, buy, and process are certified organic by QAI.

