



Baked fennel pork with lemony potatoes & onions



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp fennel seeds
- ☐ 1 tbsp olive oil
- ☐ 4 pork loin steaks trimmed of fat
- ☐ 1 large onion sliced
- ☐ 2 garlic cloves thinly sliced
- ☐ 750 g baby new potatoes halved
- ☐ 2 fennel bulbs green thinly sliced

- ☐ 2 juice of lemon
- ☐ 340 g broccoli

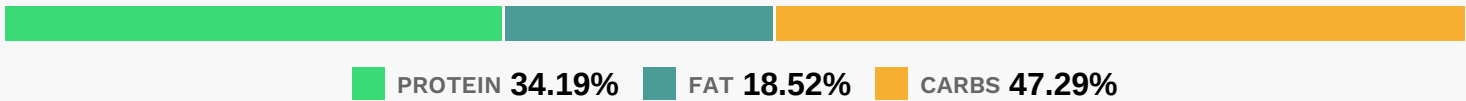
Equipment

- ☐ oven
- ☐ mortar and pestle

Directions

- ☐ Crush the fennel seeds lightly in a pestle and mortar.
- ☐ Mix with half the oil and a little seasoning. Rub into the pork and set aside.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Heat remaining oil in a shallow ovenproof dish. Soften the onion and garlic for about 5 mins, then tip in the potatoes and brown for a few mins.
- ☐ Add the fennel, lemon juice and about 100ml water. Season, cover with the lid and cook in the oven for 35 mins.
- ☐ Remove the lid, stir the potatoes and place the meat on top. Return to the oven, uncovered, and cook for another 10 mins or until the pork is cooked to your liking. Meanwhile, cook the broccoli.
- ☐ Scatter over the reserved fennel fronds and serve with the broccoli.

Nutrition Facts



Properties

Glycemic Index:54.44, Glycemic Load:28.2, Inflammation Score:-9, Nutrition Score:42.423912867256%

Flavonoids

Eriodictyol: 2mg, Eriodictyol: 2mg, Eriodictyol: 2mg, Eriodictyol: 2mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 8.41mg, Kaempferol: 8.41mg, Kaempferol: 8.41mg, Kaempferol: 8.41mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.05mg, Quercetin: 12.05mg,

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Nutrients (% of daily need)

Calories: 441.2kcal (22.06%), Fat: 9.31g (14.33%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 53.49g (17.83%), Net Carbohydrates: 41.66g (15.15%), Sugar: 9.49g (10.54%), Cholesterol: 88.44mg (29.48%), Sodium: 170.33mg (7.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.68g (77.37%), Vitamin C: 136.45mg (165.4%), Vitamin K: 166.02µg (158.12%), Vitamin B6: 1.85mg (92.7%), Vitamin B1: 1.19mg (79.09%), Vitamin B3: 14.59mg (72.93%), Selenium: 50.15µg (71.65%), Potassium: 2186.31mg (62.47%), Phosphorus: 563.53mg (56.35%), Manganese: 0.96mg (48.21%), Fiber: 11.83g (47.32%), Magnesium: 133.24mg (33.31%), Folate: 125.31µg (31.33%), Vitamin B2: 0.48mg (27.99%), Vitamin B5: 2.39mg (23.88%), Iron: 4.29mg (23.86%), Zinc: 3.45mg (23.02%), Copper: 0.45mg (22.51%), Calcium: 173.44mg (17.34%), Vitamin A: 695.78IU (13.92%), Vitamin E: 2.07mg (13.8%), Vitamin B12: 0.68µg (11.39%), Vitamin D: 0.4µg (2.68%)