



Black-and-Tan Pork With Spicy Ale Slaw

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon five-spice powder chinese
- 2 carrots shredded cut into matchsticks or
- 0.3 teaspoon cayenne pepper
- 0.5 teaspoon cornstarch
- 1 cup brown sugar dark packed
- 1 clove garlic minced
- 2 cloves garlic minced
- 0.5 teaspoon ginger minced peeled

- 1 teaspoon ginger minced peeled
- 0.5 head cabbage shredded green
- 1 cup honey
- 2 tablespoons honey
- 12 ounce pale ale (preferably Bass)
- 8 servings kosher salt and pepper black freshly ground
- 1 teaspoon olive oil extra-virgin
- 3 pounds pork tenderloin
- 0.3 cup soya sauce
- 12 ounce stout beer (preferably Guinness)
- 1 large onion sweet thinly sliced quartered
- 1 small onion sweet finely chopped
- 2 medium bell peppers red yellow thinly sliced (, orange and/or)

Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan
- kitchen thermometer
- ziploc bags
- cutting board

Directions

- Combine the ale, five-spice powder, cayenne and salt and black pepper to taste in a large resealable plastic bag. Reserve 1/4 cup marinade for the slaw.
- Add the pork to the bag and mix well. Refrigerate 2 to 6 hours.
- Heat the olive oil in a saucepan over medium heat.

- Add the onion and garlic and cook until golden, about 2 minutes.
- Add 1 tablespoon each stout and brown sugar and cook 4 minutes.
- Add all but 2 tablespoons of the remaining stout, the honey, the remaining 3/4 cup plus 3 tablespoons brown sugar and the ginger. Bring to a boil over medium-high heat, stirring, then lower the heat to medium and simmer until reduced by half, 15 to 20 minutes.
- Whisk the remaining 2 tablespoons stout and the cornstarch in a bowl; slowly stir into the glaze and boil 2 minutes.
- Remove from the heat and let cool.
- Preheat the oven to 375 degrees F.
- Remove the pork from the marinade and transfer to a baking dish.
- Bake until a thermometer inserted into the center registers 160 degrees F, 35 to 45 minutes.
- Transfer to a cutting board and let rest 5 minutes.
- Whisk the soy sauce, honey, garlic and ginger in a large bowl.
- Whisk in the reserved 1/4 cup marinade.
- Add the cabbage, bell peppers, carrots and onion and toss. Refrigerate until ready to serve, at least 30 minutes.
- Slice the pork and serve with the slaw.
- Drizzle both the pork and slaw with the glaze.
- Photograph by Yunhee Kim

Nutrition Facts



PROTEIN 28.08% **FAT 11.24%** **CARBS 60.68%**

Properties

Glycemic Index:55.23, Glycemic Load:22.95, Inflammation Score:-10, Nutrition Score:35.323043864706%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin:

0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 553.82kcal (27.69%), Fat: 6.82g (10.5%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 82.89g (27.63%), Net Carbohydrates: 79.41g (28.88%), Sugar: 73.87g (82.07%), Cholesterol: 110.56mg (36.85%), Sodium: 533.63mg (23.2%), Alcohol: 1.66g (100%), Alcohol %: 0.4% (100%), Protein: 38.36g (76.73%), Vitamin B1: 1.77mg (118.33%), Vitamin B6: 1.66mg (83.08%), Vitamin C: 64.43mg (78.1%), Selenium: 53.38µg (76.26%), Vitamin A: 3566.4IU (71.33%), Vitamin B3: 12.54mg (62.72%), Phosphorus: 485.2mg (48.52%), Vitamin K: 47.38µg (45.13%), Vitamin B2: 0.69mg (40.54%), Potassium: 1075.46mg (30.73%), Zinc: 3.68mg (24.54%), Magnesium: 75.6mg (18.9%), Vitamin B5: 1.89mg (18.85%), Manganese: 0.37mg (18.37%), Iron: 3.01mg (16.74%), Folate: 65.28µg (16.32%), Vitamin B12: 0.89µg (14.88%), Fiber: 3.48g (13.92%), Copper: 0.27mg (13.53%), Calcium: 89.66mg (8.97%), Vitamin E: 1.14mg (7.6%), Vitamin D: 0.51µg (3.4%)