



Braised Pork Roast with Fennel, Leeks, and Vermouth

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds pork loin roast boneless trimmed
- ☐ 0.5 cup vermouth dry
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 2 cups fennel bulb sliced (2 large)
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 1 ounce flour all-purpose

- ☐ 2 cups leek sliced (2 large)
- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon salt divided

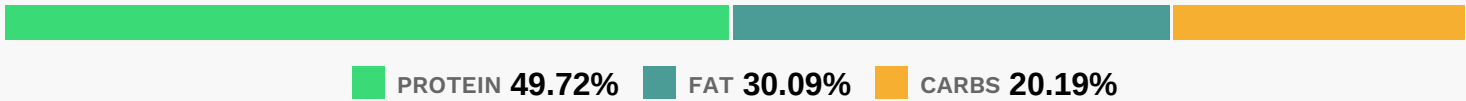
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Dredge pork in flour, and sprinkle with 1/2 teaspoon salt and black pepper.
- ☐ Heat olive oil in a Dutch oven over medium-high heat.
- ☐ Add pork, and cook for 8 minutes, browning on all sides.
- ☐ Remove from pan.
- ☐ Add 1 teaspoon fennel seeds to pan, and cook for 30 seconds.
- ☐ Add leek and sliced fennel. Reduce heat to medium, and cook for 10 minutes or until tender.
- ☐ Add vermouth, and cook for 2 minutes or until liquid almost evaporates. Return pork to pan.
- ☐ Add broth, and bring to a boil. Cover, reduce heat, and simmer 1 hour and 45 minutes or until pork is tender. Stir in the remaining 1/4 teaspoon salt. Thinly slice pork.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:4.34, Inflammation Score:-6, Nutrition Score:17.183478189551%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 234.23kcal (11.71%), Fat: 7.28g (11.2%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 9.28g (3.37%), Sugar: 2.4g (2.66%), Cholesterol: 71.44mg (23.81%), Sodium: 599.82mg (26.08%), Alcohol: 1.9g (100%), Alcohol %: 0.94% (100%), Protein: 27.06g (54.13%), Selenium: 34.77µg (49.67%), Vitamin B6: 0.95mg (47.54%), Vitamin B1: 0.57mg (37.7%), Vitamin B3: 7.44mg (37.18%), Vitamin K: 33.71µg (32.11%), Phosphorus: 293.13mg (29.31%), Potassium: 626.49mg (17.9%), Vitamin B2: 0.27mg (15.7%), Zinc: 2.19mg (14.62%), Manganese: 0.28mg (13.88%), Vitamin B12: 0.69µg (11.53%), Magnesium: 45.76mg (11.44%), Vitamin A: 534.31IU (10.69%), Vitamin B5: 1.04mg (10.44%), Iron: 1.83mg (10.17%), Folate: 36.04µg (9.01%), Vitamin C: 7.11mg (8.62%), Copper: 0.14mg (7.15%), Fiber: 1.71g (6.86%), Vitamin E: 0.93mg (6.19%), Calcium: 44.92mg (4.49%), Vitamin D: 0.45µg (3.02%)