



Braised Pork Sirloin with Tomatoes, White Beans & Sage



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 clove garlic & peeled sliced
- ☐ 1 pound grape tomatoes whole
- ☐ 1 can beans & white rinsed drained
- ☐ 2 tablespoon olive oil
- ☐ 2 tablespoon sage leaves plus more for garnish sliced
- ☐ 2 servings salt & pepper as needed

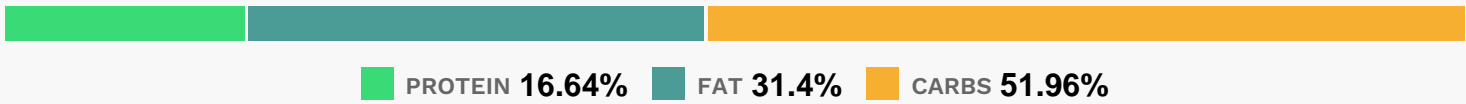
Equipment

☐ frying pan

Directions

- ☐ Heat 1 tablespoon of the oil in a skillet set over medium-high heat. Season the pork sirloin steaks well with salt and pepper. Sear them in the skillet on both sides until well browned.
- ☐ Transfer to a platter, and keep warm.Reduce skillet heat to medium, add the remaining 1 tablespoon oil and the garlic slices; cook until fragrant, about 1 minute.
- ☐ Add the onion and continue cooking until tender, about 6 minutes.
- ☐ Add the cherry tomatoes and cook until they begin to pop, about 6 minutes. Stir in the white beans and sage leaves. Season with salt and pepper to taste.Return the pork chops to the skillet, adding enough broth to come about ¼ of the way up the side of the skillet. Cover, reduce heat to low, and cook 10 minutes.
- ☐ Remove cover, adjust seasoning, and continue cooking 15 minutes, or to desired doneness.
- ☐ Remove meat from skillet and let it rest about 4 minutes. Reduce the liquid in the beans, tomatoes and onions if desired.
- ☐ Pour the bean mixture onto a serving platter, topping it with the pork sirloins.
- ☐ Garnish with additional chopped sage and serve warm.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:13.76, Inflammation Score:-9, Nutrition Score:30.586521832839%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 428.01kcal (21.4%), Fat: 15.41g (23.71%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 57.37g (19.12%), Net Carbohydrates: 43.62g (15.86%), Sugar: 6.63g (7.37%), Cholesterol: 0mg (0%), Sodium: 217.19mg (9.44%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.75%), Copper: 18.84mg (942%), Manganese: 2.04mg (101.84%), Fiber: 13.75g (55%), Potassium: 1571.83mg (44.91%), Iron: 7.98mg (44.32%), Folate: 176.78µg (44.2%), Vitamin C: 32.01mg (38.8%), Vitamin A: 1889.48IU (37.79%), Magnesium: 147.85mg (36.96%), Vitamin E: 4.98mg (33.18%), Vitamin K: 32.76µg (31.2%), Phosphorus: 260.98mg (26.1%), Calcium: 227.94mg (22.79%), Vitamin B1: 0.32mg (21.23%), Zinc: 2.99mg (19.94%), Vitamin B6: 0.38mg (19.16%), Vitamin B3: 1.62mg (8.08%), Vitamin B2: 0.14mg (7.94%), Vitamin B5: 0.63mg (6.26%), Selenium: 3.94µg (5.63%)