



## Braised Pork with Bacon and Onions

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



1254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 slices bacon cut crosswise into
- 2 bay leaves
- 1 cup chicken broth low-sodium homemade canned
- 1 sprig rosemary dried crumbled
- 0.5 cup cooking wine dry white
- 2 cloves garlic minced
- 0.5 teaspoon fresh-ground pepper black
- 1 tablespoon olive oil

- 2 onions sliced thin
- 2 pork tenderloins ()
- 4 servings salt
- 1 teaspoon red-wine vinegar

## Equipment

- frying pan
- slotted spoon
- dutch oven

## Directions

- In a large deep stainless-steel frying pan or a Dutch oven, cook the bacon over moderate heat until crisp.
- Remove with a slotted spoon. Season the pork with 1/2 teaspoon salt and 1/4 teaspoon of the pepper. Increase the heat to moderately high.
- Put the pork in the pan and brown on all sides, turning, about 8 minutes in all.
- Remove.
- Reduce the heat to moderate and add the oil to the pan.
- Add the onions and garlic and cook, stirring occasionally, until the onions are golden, about 5 minutes.
- Add the wine and simmer for 3 minutes.
- Stir in the broth, vinegar, cloves, bay leaves, rosemary, 1/4 teaspoon salt, and the pork with any accumulated juices. Bring to a simmer. Cover and simmer, turning the meat once, until the pork is just done, about 10 minutes.
- Remove the meat from the pan, transfer to a carving board, and leave to rest in a warm spot for 5 minutes. Stir the remaining 1/4 teaspoon pepper and 1/8 teaspoon salt into the pan and simmer until the sauce thickens slightly, about 3 minutes.
- Remove the bay leaves, rosemary sprig, and cloves.
- Cut the meat into thin slices and serve topped with the sauce.
- Wine Recommendation: In Austria, Germany, or Alsace, the classic accompaniment for this type of dish is gewrztraminer. Look for one of the superb examples from the Alto Adige or

Germany's Pfalz region and you'll understand why.

## Nutrition Facts

PROTEIN **64.69%** FAT **32.75%** CARBS **2.56%**

### Properties

Glycemic Index:43.5, Glycemic Load:1.43, Inflammation Score:-8, Nutrition Score:51.874347671219%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

### Nutrients (% of daily need)

Calories: 1253.78kcal (62.69%), Fat: 43.09g (66.3%), Saturated Fat: 13.72g (85.78%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 6.52g (2.37%), Sugar: 2.71g (3.01%), Cholesterol: 601.43mg (200.48%), Sodium: 806.49mg (35.06%), Alcohol: 3.09g (100%), Alcohol %: 0.36% (100%), Protein: 191.5g (383%), Vitamin B1: 8.99mg (599.11%), Selenium: 278.97µg (398.53%), Vitamin B6: 7.09mg (354.7%), Vitamin B3: 61.6mg (307.98%), Phosphorus: 2271.84mg (227.18%), Vitamin B2: 3.11mg (182.98%), Zinc: 17.39mg (115.9%), Potassium: 3762.89mg (107.51%), Vitamin B12: 4.87µg (81.09%), Vitamin B5: 7.79mg (77.85%), Magnesium: 257.11mg (64.28%), Iron: 9.3mg (51.65%), Copper: 0.88mg (43.8%), Vitamin D: 2.79µg (18.62%), Vitamin E: 2.59mg (17.28%), Manganese: 0.3mg (14.88%), Calcium: 77.82mg (7.78%), Vitamin C: 4.58mg (5.55%), Fiber: 1.05g (4.21%), Folate: 11µg (2.75%), Vitamin K: 2.88µg (2.74%)