



## Cardamom-Crusted Pork with Mushroom Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 4 pound pork rib roast boneless
- ☐ 1 tablespoon butter room temperature
- ☐ 1 large garlic clove
- ☐ 2.3 teaspoons ground cardamom
- ☐ 2 cups low-salt chicken broth canned
- ☐ 1.5 pounds mushrooms halved
- ☐ 5 tablespoons olive oil

- ☐ 1.5 cups onion chopped
- ☐ 0.5 cup whipping cream

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350°F. Puree 1/2 cup chopped onion, 2 tablespoons oil, 2 teaspoons cardamom, and garlic in processor.
- ☐ Spread 1/2 cup chopped onion in center of large roasting pan; top with pork.
- ☐ Sprinkle pork generously with salt and pepper; coat with onion puree. Toss mushrooms, remaining 1/2 cup onion, and 3 tablespoons oil in bowl; sprinkle with salt and pepper; arrange around pork.
- ☐ Roast pork 1 hour. Spoon mushrooms into large saucepan.
- ☐ Add 1 1/2 cups broth to roasting pan. Roast pork until thermometer inserted into thickest part registers 145°F, about 20 minutes longer.
- ☐ Transfer pork to platter; tent loosely with foil (temperature will rise 5 to 10 degrees as roast stands).
- ☐ Scrape juices from roasting pan into saucepan with mushrooms.
- ☐ Add cream, remaining 1/2 cup broth, and 1/4 teaspoon cardamom to pan; bring to boil. Blend flour and butter in small cup; mix into mushroom sauce. Cook sauce, stirring often, until reduced enough to coat spoon, about 5 minutes. Season sauce with salt and pepper; serve with pork.

## Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:1.8, Inflammation Score:-5, Nutrition Score:28.507391349129%

Flavonoids

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: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 612.24kcal (30.61%), Fat: 44.54g (68.52%), Saturated Fat: 15.5g (96.9%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 6.38g (2.32%), Sugar: 3.47g (3.86%), Cholesterol: 141.68mg (47.23%), Sodium: 123.56mg (5.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.92g (89.85%), Vitamin B1: 1.67mg (111.16%), Selenium: 73.49µg (104.98%), Vitamin B3: 13.35mg (66.75%), Vitamin B2: 0.9mg (52.99%), Phosphorus: 500.74mg (50.07%), Vitamin B6: 0.98mg (49.18%), Potassium: 1163.53mg (33.24%), Vitamin B5: 2.78mg (27.75%), Zinc: 3.81mg (25.41%), Vitamin D: 3.23µg (21.56%), Copper: 0.43mg (21.38%), Vitamin B12: 1.13µg (18.82%), Vitamin E: 2.04mg (13.59%), Magnesium: 54.28mg (13.57%), Manganese: 0.27mg (13.36%), Iron: 2.24mg (12.43%), Folate: 34.64µg (8.66%), Fiber: 1.55g (6.2%), Vitamin C: 4.94mg (5.98%), Vitamin K: 6µg (5.71%), Vitamin A: 275.14IU (5.5%), Calcium: 35.2mg (3.52%)