

Park & Sons

 **100%**
HEALTH SCORE

Cook the Book: Pork and Citrus Fruit with Ratatouille



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2.3 pounds pork loin boneless
- ☐ 3 eggplant diced
- ☐ 4 garlic clove crushed
- ☐ 3 orange juice grated
- ☐ 7 tablespoons olive oil
- ☐ 4 onion sliced

- ☐ 1 thyme sprigs fresh
- ☐ 6 tomatoes diced
- ☐ 3 zucchini diced

Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Put the pork in a nonmetallic dish.
- ☐ Sprinkle with the orange rind and pour the orange and grapefruit juice over it.
- ☐ Let marinate in a cool place for 2 hours.
- ☐ Preheat the oven to 350°F.
- ☐ Heat 5 tablespoons of the olive oil in a large, flameproof casserole.
- ☐ Add the onions, garlic, zucchini, eggplants, and tomatoes and cook over low heat, stirring occasionally, for 8–10 minutes, until softened.
- ☐ Add the bay leaves and thyme and cook in the oven, uncovered, for 1 hour. stirring frequently.
- ☐ Drain the pork, reserving the marinade.
- ☐ Heat the remaining olive oil in a skillet.
- ☐ Add the pork and cook over high heat, turning frequently. for about 10 minutes, until evenly browned.
- ☐ Transfer to an ovenproof dish and pour in the reserved marinade.
- ☐ Place in the oven and cook, basting frequently, for 1 hour.
- ☐ Transfer the pork to a plate.
- ☐ Mix the ratatouille with the roasting juices, then place the pork on top. Return to the oven and cook for a further 15 minutes.
- ☐ Remove and slice the pork, then serve it on a bed of ratatouille.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:6.84, Inflammation Score:-9, Nutrition Score:37.249565497689%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg Naringenin: 1.48mg, Naringenin: 1.48mg, Naringenin: 1.48mg, Naringenin: 1.48mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 16.45mg, Quercetin: 16.45mg, Quercetin: 16.45mg, Quercetin: 16.45mg

Nutrients (% of daily need)

Calories: 511.05kcal (25.55%), Fat: 24.36g (37.48%), Saturated Fat: 4.61g (28.83%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 21.29g (7.74%), Sugar: 19.42g (21.58%), Cholesterol: 107.16mg (35.72%), Sodium: 105.84mg (4.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.75g (87.51%), Vitamin B6: 1.86mg (93.03%), Vitamin C: 60.76mg (73.65%), Selenium: 48.68µg (69.55%), Vitamin B1: 1mg (66.48%), Vitamin B3: 12.65mg (63.27%), Potassium: 1884.3mg (53.84%), Phosphorus: 534.08mg (53.41%), Manganese: 0.99mg (49.73%), Fiber: 10.71g (42.83%), Vitamin B2: 0.55mg (32.37%), Vitamin K: 32.14µg (30.61%), Magnesium: 118.9mg (29.72%), Folate: 115.48µg (28.87%), Zinc: 4.12mg (27.45%), Vitamin E: 4.07mg (27.13%), Vitamin A: 1344.89IU (26.9%), Vitamin B5: 2.38mg (23.8%), Copper: 0.46mg (22.88%), Vitamin B12: 0.87µg (14.46%), Iron: 2.52mg (14.02%), Calcium: 82mg (8.2%), Vitamin D: 0.68µg (4.54%)