



Crispy Pork Loin with Fennel Tomato Chutney

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 2 teaspoons pepper black freshly ground
- 1 tablespoon curry powder
- 1 teaspoon parsley dried
- 1 teaspoon sage dried
- 1 teaspoon thyme leaves dried
- 2 eggs beaten
- 1 fennel bulb cored roughly chopped

- 1 cup flour all-purpose
- 1 teaspoon garlic powder
- 1 inch ginger peeled roughly chopped
- 1 cup grape tomatoes
- 1 tablespoon fennel powder
- 2 teaspoons kosher salt
- 3 tablespoons olive oil
- 1.5 cups panko bread crumbs
- 2 pounds pork loin
- 0.5 scotch bonnet pepper
- 0.3 cup sugar

Equipment

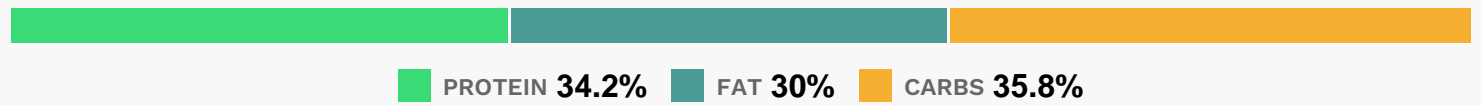
- food processor
- bowl
- frying pan
- sauce pan
- oven

Directions

- Chutney: In a food processor, add the fennel with the ginger and Scotch bonnet pepper and pulse until evenly chopped.
- Combine the vinegar and sugar in a medium saucepan over medium heat and bring to a simmer, stirring until the sugar dissolves.
- Add the fennel mixture and the tomatoes and simmer, stirring occasionally, until the fennel is tender, the tomatoes break down, and the liquid is syrupy and reduced, about 15 minutes. Set aside.
- Preheat the oven to 400 degrees F.
- Cut the pork loin into 2-inch chunks.

- Combine the panko with all of the seasonings, dried herbs, salt and pepper in a medium bowl. Set up a breading station of 1 dish of flour, 1 dish of beaten eggs and 1 dish of seasoned panko bread crumbs. Dip the pork first in the flour, then the egg, and then in the panko.
- Heat half the oil in saute pan on high heat and sear half of the breaded pork until golden brown on all sides, about 5 minutes.
- Transfer the pork to a sheet pan. Repeat with remaining oil and pork.
- Bake in the oven for 3 to 5 minutes for medium-cooked pork.
- Transfer the pork to a serving dish and top with the fennel chutney.

Nutrition Facts



Properties

Glycemic Index:47.51, Glycemic Load:14.54, Inflammation Score:-6, Nutrition Score:23.942608688189%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 365.53kcal (18.28%), Fat: 12.02g (18.49%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 29.42g (10.7%), Sugar: 9.93g (11.04%), Cholesterol: 112.36mg (37.45%), Sodium: 755.03mg (32.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.83g (61.66%), Manganese: 3.31mg (165.6%), Selenium: 43.42µg (62.03%), Vitamin B1: 0.75mg (50.23%), Vitamin B6: 0.95mg (47.3%), Vitamin B3: 8.59mg (42.96%), Phosphorus: 342.47mg (34.25%), Vitamin K: 28.01µg (26.67%), Vitamin B2: 0.4mg (23.77%), Potassium: 695.04mg (19.86%), Zinc: 2.64mg (17.62%), Iron: 3.04mg (16.86%), Folate: 58.55µg (14.64%), Magnesium: 53.91mg (13.48%), Vitamin B5: 1.24mg (12.41%), Vitamin B12: 0.72µg (11.93%), Fiber: 2.85g (11.39%), Vitamin E: 1.5mg (9.99%), Copper: 0.18mg (9.22%), Vitamin C: 7.33mg (8.89%), Calcium: 71.59mg (7.16%), Vitamin A: 276.56IU (5.53%), Vitamin D: 0.67µg (4.49%)