



Fennel-Rubbed Pork Tenderloin with Roasted Fennel Wedges

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 2 medium fennel bulbs trimmed
- ☐ 1 teaspoon fennel seeds
- ☐ 3 garlic cloves smashed
- ☐ 0.5 teaspoon juice of lemon fresh to taste
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 pound pork tenderloin
- ☐ 2 tablespoons butter unsalted cut into pieces

Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ stove
- ☐ kitchen towels
- ☐ mortar and pestle
- ☐ cutting board

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Crush fennel seeds with a mortar and pestle or wrap in a kitchen towel and crush with bottom of a heavy skillet.
- ☐ Pat pork dry, then sprinkle with crushed fennel seeds and 1/2 teaspoon each of salt and pepper.
- ☐ Cut fennel bulbs lengthwise into 1/2-inch wedges.
- ☐ Heat oil in a 12-inch oven-proof heavy skillet over medium-high heat until it shimmers. Brown pork on all sides, about 6 minutes total, then transfer to a plate. Sauté garlic and fennel wedges in skillet until fennel is golden brown, about 6 minutes.
- ☐ Add wine, stirring and scraping up brown bits, then stir in broth and butter. Put pork on top of fennel and transfer skillet to oven. Roast until an instant-read thermometer inserted into center of pork registers 145 to 150°F, about 15 minutes.
- ☐ Transfer pork to a cutting board and let rest 10 minutes.
- ☐ Meanwhile, transfer skillet to stovetop (handle will be hot) and boil, stirring occasionally, until most of liquid has evaporated. Stir in lemon juice and 1/4 cup chopped fennel fronds. Thinly slice pork and serve over fennel with sauce.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:2.48, Inflammation Score:-5, Nutrition Score:23.803043749021%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 306.65kcal (15.33%), Fat: 17.18g (26.43%), Saturated Fat: 6.06g (37.9%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 6.46g (2.35%), Sugar: 4.82g (5.36%), Cholesterol: 88.76mg (29.59%), Sodium: 131.15mg (5.7%), Alcohol: 1.54g (100%), Alcohol %: 0.67% (100%), Protein: 25.75g (51.5%), Vitamin B1: 1.13mg (75.54%), Vitamin K: 78.28µg (74.55%), Selenium: 35.58µg (50.83%), Vitamin B6: 0.96mg (48.18%), Vitamin B3: 8.71mg (43.57%), Phosphorus: 353.21mg (35.32%), Potassium: 985.94mg (28.17%), Vitamin B2: 0.44mg (25.73%), Vitamin C: 15.09mg (18.29%), Manganese: 0.33mg (16.38%), Zinc: 2.45mg (16.36%), Fiber: 3.88g (15.5%), Vitamin E: 2.1mg (14.01%), Magnesium: 54.97mg (13.74%), Vitamin B5: 1.25mg (12.49%), Iron: 2.23mg (12.38%), Vitamin B12: 0.63µg (10.52%), Copper: 0.21mg (10.35%), Folate: 32.14µg (8.04%), Calcium: 78.5mg (7.85%), Vitamin A: 334.89IU (6.7%), Vitamin D: 0.45µg (2.97%)