



Fennel-Rubbed Pork with Shallot-Pomegranate Reduction

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 teaspoons butter chilled cut into small pieces
- ☐ 0.8 teaspoon fennel seeds crushed
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 teaspoon olive oil

- ☐ 0.5 cup orange juice
- ☐ 1.5 cups pomegranate juice
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots chopped
- ☐ 3 tablespoons sugar

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 45
- ☐ To prepare sauce, combine first 4 ingredients in a saucepan; bring to a boil. Cook until reduced to 1/2 cup (about 18 minutes).
- ☐ Remove from heat. Gradually add butter; stir with a whisk until blended. Stir in vinegar and 1/4 teaspoon salt.
- ☐ To prepare pork, while sauce reduces, combine fennel seeds, garlic powder, cumin, 1/4 teaspoon salt, and pepper; rub over pork.
- ☐ Heat oil in a large ovenproof skillet over medium-high heat.
- ☐ Add pork; cook 2 minutes on each side or until browned.
- ☐ Place skillet in oven.
- ☐ Bake at 450 for 18 minutes or until a thermometer registers 155 (slightly pink).
- ☐ Let stand 5 minutes; cut into 1/4-inch slices.
- ☐ Serve with sauce.

Nutrition Facts



 **PROTEIN 34.84%**  **FAT 25.3%**  **CARBS 39.86%**

Properties

Glycemic Index:61.02, Glycemic Load:8.76, Inflammation Score:-5, Nutrition Score:19.147391246713%

Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 286.01kcal (14.3%), Fat: 8.02g (12.33%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 27.38g (9.96%), Sugar: 24.92g (27.69%), Cholesterol: 84.46mg (28.15%), Sodium: 250.08mg (10.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.66%), Vitamin B1: 1.19mg (79.37%), Selenium: 35.69µg (50.98%), Vitamin B6: 1.01mg (50.42%), Vitamin B3: 8mg (40.01%), Phosphorus: 313.79mg (31.38%), Vitamin B2: 0.42mg (24.79%), Potassium: 799.97mg (22.86%), Vitamin C: 17.29mg (20.96%), Zinc: 2.37mg (15.78%), Vitamin B5: 1.35mg (13.52%), Magnesium: 47.82mg (11.95%), Manganese: 0.22mg (11.13%), Vitamin K: 11.07µg (10.54%), Iron: 1.8mg (10.01%), Vitamin B12: 0.59µg (9.78%), Folate: 38.79µg (9.7%), Copper: 0.16mg (8.18%), Vitamin E: 0.9mg (5.98%), Fiber: 1.03g (4.11%), Vitamin A: 192.1IU (3.84%), Calcium: 35.92mg (3.59%), Vitamin D: 0.23µg (1.51%)