



## Five-Spice Pork With Roasted Oranges and Broccoli



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon five-spice powder
- ☐ 1 head broccoli peeled sliced roughly chopped
- ☐ 3 cloves garlic roughly chopped
- ☐ 1 piece ginger peeled sliced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 large onion thinly sliced
- ☐ 1 small cranberry-orange relish unpeeled cut into wedges

- ☐ 1.3 pounds pork tenderloin
- ☐ 2 tablespoons vegetable oil

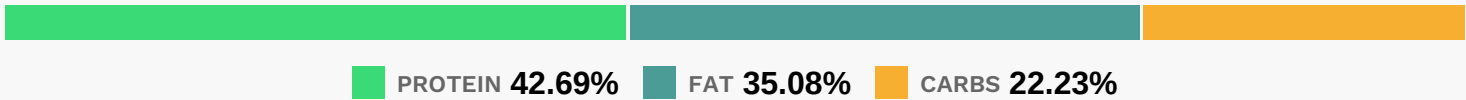
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ cutting board

## Directions

- ☐ Preheat the oven to 400 degrees F. Toss the broccoli, onion, ginger, garlic and orange with 2 tablespoons vegetable oil, 3/4 teaspoon salt, and pepper to taste in a shallow baking dish. Set aside.
- ☐ Pat the pork dry and sprinkle all over with the five-spice powder, 1 teaspoon salt, and pepper to taste.
- ☐ Heat the remaining 2 teaspoons vegetable oil in a large skillet over medium-high heat.
- ☐ Add the pork and sear, turning, until golden brown on all sides, about 8 minutes.
- ☐ Add the pork to the baking dish with the broccoli-orange mixture and roast until a thermometer inserted into the center of the pork registers 145 degrees F, 15 to 20 minutes.
- ☐ Transfer the pork to a cutting board and let rest 5 minutes before slicing. Meanwhile, return the broccoli-orange mixture to the oven and roast 5 more minutes.
- ☐ Serve the pork with the roasted broccoli and orange wedges.
- ☐ Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:37.88, Glycemic Load:3.97, Inflammation Score:-9, Nutrition Score:36.470869396044%

## Flavonoids

Hesperetin: 6.54mg, Hesperetin: 6.54mg, Hesperetin: 6.54mg, Hesperetin: 6.54mg Naringenin: 3.68mg, Naringenin: 3.68mg, Naringenin: 3.68mg, Naringenin: 3.68mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 12.2mg, Kaempferol: 12.2mg, Kaempferol: 12.2mg, Kaempferol: 12.2mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg

Nutrients (% of daily need)

Calories: 316.29kcal (15.81%), Fat: 12.62g (19.41%), Saturated Fat: 2.92g (18.22%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 12.59g (4.58%), Sugar: 6.47g (7.19%), Cholesterol: 92.14mg (30.71%), Sodium: 319.93mg (13.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.55g (69.09%), Vitamin C: 152.13mg (184.4%), Vitamin K: 167.74µg (159.75%), Vitamin B1: 1.55mg (103.09%), Vitamin B6: 1.45mg (72.35%), Selenium: 47.44µg (67.77%), Vitamin B3: 10.51mg (52.56%), Phosphorus: 467.44mg (46.74%), Vitamin B2: 0.68mg (40.07%), Potassium: 1166.31mg (33.32%), Folate: 110.44µg (27.61%), Zinc: 3.44mg (22.93%), Manganese: 0.46mg (22.93%), Vitamin B5: 2.19mg (21.88%), Fiber: 5.39g (21.57%), Vitamin A: 1007.86IU (20.16%), Magnesium: 79.36mg (19.84%), Iron: 3.01mg (16.71%), Vitamin E: 2.11mg (14.07%), Copper: 0.25mg (12.3%), Vitamin B12: 0.74µg (12.28%), Calcium: 109.1mg (10.91%), Vitamin D: 0.43µg (2.83%)