



Herb Crusted Pork Loin with Braised Spiced Rhubarb and Celery

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoon basil leaves fresh chopped
- ☐ 2 teaspoon rosemary fresh minced
- ☐ 2 teaspoon thyme leaves fresh
- ☐ 6 clove garlic minced peeled
- ☐ 1 teaspoon ginger freshly grated
- ☐ 0.5 cup golden raisins
- ☐ 1 tablespoon kosher salt

- ☐ 0.3 cup light-brown sugar packed ()
- ☐ 3 tablespoon olive oil
- ☐ 1 orange zest thin
- ☐ 12 rhubarb (6-inch lengths)
- ☐ 0.5 cup chicken stock
- ☐ 0.3 cup sugar
- ☐ 2 tablespoon butter unsalted
- ☐ 0.3 cup vinegar white

Equipment

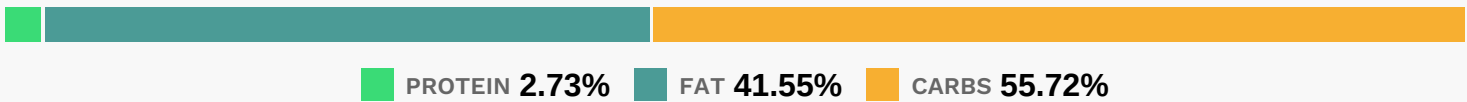
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ mortar and pestle

Directions

- ☐ Braised Spiced Rhubarb and Celery
- ☐ Combine onion, raisins, ginger, zest, chicken broth, vinegar, butter and sugars in a saucepan; bring to a simmer over medium heat.
- ☐ Add rhubarb and celery; cover; reduce heat. Simmer gently until rhubarb is tender but not falling apart, about 5 minutes.
- ☐ Remove rhubarb from liquid, and set aside. Continue to simmer liquid until it has thickened and reduced and celery is tender, about 10 minutes more.
- ☐ Transfer to a bowl, and return cooked rhubarb to mixture.
- ☐ Let cool, and chill until needed. The braised vegetables may be made ahead and will last several days refrigerated in an airtight container.
- ☐ Herb Crusted Pork
- ☐ Preheat oven to 450 degrees F.
- ☐ Place the pork loin on a rack in a roasting pan.

Combine the remaining ingredients in a mortar and pestle and process until a chunky paste is achieved. Massage the mixture onto the pork loin, covering all of the meat and fat.Roast the pork for 20 minutes. Reduce the heat to 400 degrees F and roast for an about 40 more minutes. Test for doneness using an instant-read thermometer. When the internal temperature reaches 145 degrees F, remove the roast from the oven. Allow it to sit for about 20 minutes. The temperature should rise to about 155 degrees F.Carve the roast and serve with the braised vegetables on the side.Alternatively, this is also excellent served at room temperature, al fresco!

Nutrition Facts



Properties

Glycemic Index:65.79, Glycemic Load:11.79, Inflammation Score:-7, Nutrition Score:6.7291304533896%

Flavonoids

Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epicatechin 3-gallate: 0.61mg, Epicatechin 3-gallate: 0.61mg, Epicatechin 3-gallate: 0.61mg, Epicatechin 3-gallate: 0.61mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 230.46kcal (11.52%), Fat: 11.11g (17.09%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 33.51g (11.17%), Net Carbohydrates: 30.81g (11.2%), Sugar: 25.69g (28.55%), Cholesterol: 10.03mg (3.34%), Sodium: 1250.8mg (54.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.29%), Vitamin K: 35.04µg (33.37%), Vitamin C: 13.3mg (16.12%), Manganese: 0.32mg (15.77%), Potassium: 419.94mg (12%), Calcium: 115.93mg (11.59%), Fiber: 2.7g (10.8%), Vitamin E: 1.41mg (9.43%), Vitamin A: 305.45IU (6.11%), Vitamin B6: 0.11mg (5.56%), Magnesium: 19.98mg (4.99%), Copper: 0.09mg (4.4%), Iron: 0.75mg (4.18%), Vitamin B2: 0.07mg (3.84%), Phosphorus: 35.96mg (3.6%), Selenium: 1.92µg (2.74%), Vitamin B3: 0.51mg (2.55%), Folate: 8.82µg (2.2%), Vitamin B1: 0.03mg (2.03%), Vitamin B5: 0.15mg (1.52%), Zinc: 0.21mg (1.37%)