



## Herbed Heritage Pork Loin with White Wine Reduction



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.7 cup cooking wine dry white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped

- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup orange juice fresh ( 1 large orange)
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 3 pound heritage pork loin boneless trimmed (such as Berkshire or Duroc)
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shallots finely chopped

## Equipment

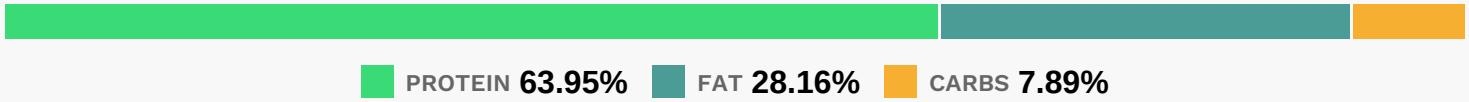
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board
- ☐ broiler pan

## Directions

- ☐ Preheat oven to 425
- ☐ Sprinkle first 3 ingredients over pork.
- ☐ Combine parsley and next 4 ingredients (through thyme); rub over pork.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork to pan; cook 7 minutes, browning on all sides.
- ☐ Place pork in a shallow roasting pan or broiler pan coated with cooking spray.
- ☐ Bake at 425 for 35 minutes or until a thermometer registers 155 (slightly pink).
- ☐ Remove pork to a cutting board. Cover loosely with foil; let stand 10 minutes.
- ☐ Place roasting pan over medium heat.
- ☐ Add shallots to pan; cook 2 minutes.

- ☐
- Add wine, scraping pan to loosen browned bits; bring to a boil. Cook until mixture is reduced to 1/3 cup (about 3 minutes).
- ☐
- Add chicken broth and orange juice; cook until mixture is reduced to 3/4 cup (about 8 minutes).
- ☐
- Serve sauce with pork.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:16.695217459098%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 176.83kcal (8.84%), Fat: 5.07g (7.8%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.39g (1.54%), Cholesterol: 71.44mg (23.81%), Sodium: 329.25mg (14.32%), Alcohol: 1.37g (100%), Alcohol %: 1.06% (100%), Protein: 25.91g (51.81%), Copper: 1.6mg (80.23%), Selenium: 32.01µg (45.73%), Vitamin B6: 0.91mg (45.42%), Vitamin B1: 0.52mg (34.55%), Vitamin B3: 6.71mg (33.57%), Phosphorus: 268.54mg (26.85%), Zinc: 2.14mg (14.29%), Potassium: 498.93mg (14.26%), Vitamin B2: 0.23mg (13.37%), Vitamin K: 14µg (13.33%), Vitamin B12: 0.62µg (10.27%), Magnesium: 37.06mg (9.27%), Vitamin B5: 0.92mg (9.22%), Manganese: 0.15mg (7.34%), Iron: 1.15mg (6.38%), Vitamin C: 4.86mg (5.89%), Vitamin D: 0.45µg (3.02%), Fiber: 0.69g (2.75%), Calcium: 25.66mg (2.57%), Vitamin A: 95.14IU (1.9%), Folate: 7.57µg (1.89%), Vitamin E: 0.28mg (1.89%)