






 **46%**  
HEALTH SCORE

# Herbed Pork Paillards with Sundried Tomato Butter and Asparagus

READY IN  
  
**35 min.**

SERVINGS  
  
**4**

CALORIES  
  
**711 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 1 bunch asparagus
- 2 pound pork loin boneless
- 1 pinch cajun spice
- 0.5 cup flour all-purpose
- 1 teaspoon parsley fresh minced
- 1 teaspoon parsley fresh minced for garnish
- 1 tablespoon parsley fresh finely chopped
- 1 teaspoon sage fresh minced

- 1 teaspoon thyme sprigs fresh minced
- 0.3 cup grapeseed oil
- 2 tablespoons sun-dried olives drained finely chopped
- 1 pinch salt
- 4 servings salt and pepper
- 0.5 cup butter unsalted softened

## Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- whisk
- pot
- plastic wrap
- meat tenderizer

## Directions

- For the compound butter: In a bowl, combine the softened butter with the sundried tomatoes, sage, parsley, Cajun spice, and salt.
- Whisk together until well blended.
- Transfer the mixture to a piece of parchment paper and roll into a cigar shape about 1 1/2 inches thick. Refrigerate until ready to use.
- For the pork: Slice the loin into 3/4-inch thick slices, and then one by one, cover with plastic wrap and pound with a meat mallet until each slice is flat and even (about a 1/4-inch thick).
- Season the flour with salt and pepper, and then dredge the pork in the seasoned flour.
- Heat the oil in a heavy bottom saucepan over medium-high heat. Season the pork with salt and pepper. Once the oil has heated, add the floured pork to the pan and allow to cook until browned, 1 to 2 minutes. Reduce the heat, flip, add some thyme and parsley, and repeat the process on the second side until finished cooking, 2 to 3 minutes. Once cooked, remove from

the pan and keep warm. Repeat the process until all the pork is cooked.

- For the asparagus: Bring a pot of water to a boil and add salt. Trim the woody bottoms of the asparagus and peel the stalks. Blanch in the boiling water until bright green, 2 to 3 minutes.
- Remove from the water and season with salt and pepper.
- Place asparagus in the center of a serving plate, arrange the pieces of cooked pork on top, and top with a 1/4-inch disk of sundried tomato butter.
- Garnish with parsley. Store the remaining butter wrapped in plastic in the refrigerator.

## Nutrition Facts

**PROTEIN 31.27%** **FAT 58.6%** **CARBS 10.13%**

### Properties

Glycemic Index:86.75, Glycemic Load:9.63, Inflammation Score:-9, Nutrition Score:40.459565224855%

### Flavonoids

Apigenin: 2.27mg, Apigenin: 2.27mg, Apigenin: 2.27mg, Apigenin: 2.27mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

### Nutrients (% of daily need)

Calories: 710.77kcal (35.54%), Fat: 46.26g (71.16%), Saturated Fat: 18.81g (117.58%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 14.75g (5.36%), Sugar: 3.13g (3.47%), Cholesterol: 203.89mg (67.96%), Sodium: 323.64mg (14.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.55g (111.09%), Selenium: 71.13µg (101.62%), Copper: 1.93mg (96.35%), Vitamin B6: 1.83mg (91.7%), Vitamin B1: 1.31mg (87.04%), Vitamin B3: 15.32mg (76.58%), Vitamin K: 67.15µg (63.95%), Phosphorus: 602.78mg (60.28%), Vitamin E: 6.17mg (41.15%), Vitamin B2: 0.69mg (40.36%), Potassium: 1196.35mg (34.18%), Vitamin A: 1705.96IU (34.12%), Zinc: 4.91mg (32.71%), Iron: 4.81mg (26.7%), Folate: 91.48µg (22.87%), Vitamin B5: 2.16mg (21.57%), Magnesium: 85.8mg (21.45%), Manganese: 0.41mg (20.42%), Vitamin B12: 1.2µg (20.08%), Fiber: 3.24g (12.96%), Vitamin C: 9.48mg (11.49%), Vitamin D: 1.33µg (8.89%), Calcium: 57.18mg (5.72%)