



Honey-Marinated Pork with Gremolata

 **Gluten Free**  **Dairy Free**

READY IN



175 min.

SERVINGS



6

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup wine dry white
- 2 teaspoons rosemary leaves fresh chopped
- 2 teaspoons sage fresh chopped
- 1 tablespoon thyme sprigs fresh chopped
- 4 garlic clove minced
- 0.3 cup honey
- 24 ounce pork tenderloins trimmed
- 1 tablespoon olive oil

- 1 tablespoon orange juice
- 1 teaspoon sea salt fine ()

Equipment

- bowl
- frying pan
- oven
- whisk
- kitchen thermometer
- cutting board
- glass baking pan

Directions

- Place pork in 11 x 7 x 2-inch glass baking dish.
- Whisk honey, garlic, and orange juice in small bowl.
- Pour over pork; turn to coat.
- Sprinkle pork with 1 teaspoon sea salt and 1/2 teaspoon freshly ground black pepper. Cover and chill at least 2 hours. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- Preheat oven to 375°F.
- Transfer pork to plate; reserve marinade.
- Heat oil in large ovenproof skillet over medium-high heat.
- Add pork to skillet. Brown on all sides, turning often, about 4 minutes.
- Transfer to oven; cook until instant-read thermometer inserted into center of pork registers 150°F, 15 to 20 minutes.
- Transfer to cutting board; let rest 5 minutes. Reserve skillet.
- Pour reserved marinade into same skillet; add wine. Boil gently until reduced to 1/2 cup, 3 to 4 minutes. Season with sea salt and pepper.
- Mix orange peel, thyme, rosemary, and sage in small bowl for gremolata.
- Cut pork crosswise into 1/2-inch-thick slices; transfer to platter.

- Pour sauce over pork.
- Sprinkle with gremolata and serve.
- Per serving: 279 calories, 10 g fat, 0.3 g fiber
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:8.52, Inflammation Score:-8, Nutrition Score:19.781739043153%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 216.13kcal (10.81%), Fat: 4.86g (7.48%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 16.84g (6.12%), Sugar: 15.82g (17.57%), Cholesterol: 73.71mg (24.57%), Sodium: 449.5mg (19.54%), Alcohol: 1.03g (100%), Alcohol %: 0.85% (100%), Protein: 24.06g (48.12%), Copper: 2.14mg (107.21%), Vitamin B1: 1.14mg (76.09%), Selenium: 35.38µg (50.54%), Vitamin B6: 0.92mg (46.04%), Vitamin B3: 7.66mg (38.3%), Phosphorus: 287.69mg (28.77%), Vitamin B2: 0.41mg (23.88%), Zinc: 2.26mg (15.04%), Potassium: 493.31mg (14.09%), Vitamin B5: 1mg (9.99%), Vitamin B12: 0.58µg (9.64%), Magnesium: 35.85mg (8.96%), Iron: 1.55mg (8.63%), Manganese: 0.17mg (8.27%), Vitamin C: 4.01mg (4.86%), Vitamin E: 0.59mg (3.92%), Calcium: 21.1mg (2.11%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.48µg (1.41%), Vitamin A: 62.25IU (1.24%), Fiber: 0.3g (1.2%)