



Honey-Marinated Pork with Gremolata



Gluten Free



Dairy Free

READY IN



175 min.

SERVINGS



6

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 1 tablespoon orange juice
- ☐ 1 tablespoon orange peel finely grated
- ☐ 1 teaspoon sea salt fine ()

Equipment

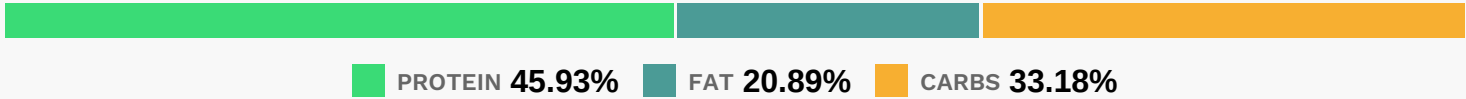
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ cutting board
- ☐ glass baking pan

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:19.910434699577%

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: 217.1kcal (10.86%), Fat: 4.87g (7.49%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 16.98g (6.18%), Sugar: 15.82g (17.57%), Cholesterol: 73.71mg (24.57%), Sodium: 449.53mg (19.54%), Alcohol: 1.03g (100%), Alcohol %: 0.85% (100%), Protein: 24.08g (48.15%), Copper: 2.15mg (107.26%), Vitamin B1: 1.14mg (76.17%), Selenium: 35.39µg (50.55%), Vitamin B6: 0.92mg (46.12%), Vitamin B3: 7.67mg (38.35%), Phosphorus: 287.9mg (28.79%), Vitamin B2: 0.41mg (23.93%), Zinc: 2.26mg (15.06%), Potassium: 495.43mg (14.16%), Vitamin B5: 1mg (10.04%), Vitamin B12: 0.58µg (9.64%), Magnesium: 36.07mg (9.02%), Iron: 1.56mg (8.68%), Manganese: 0.17mg (8.27%), Vitamin C: 5.37mg (6.51%), Vitamin E: 0.59mg (3.94%), Calcium: 22.71mg (2.27%), Fiber: 0.41g (1.63%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.48µg (1.41%), Vitamin A: 66.45IU (1.33%)