



HEALTH SCORE

51%

Honey-Roasted Pork with Greens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



822 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound pork rib roast boneless
- ☐ 1 tablespoon coarse salt
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 1.5 teaspoons ground coriander
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 0.5 cup honey
- ☐ 5 tablespoons juice of lemon fresh
- ☐ 1 cup low-salt chicken broth canned ()

- ☐ 7 tablespoons olive oil extra-virgin
- ☐ 10 cups swiss chard thick coarsely chopped

Equipment

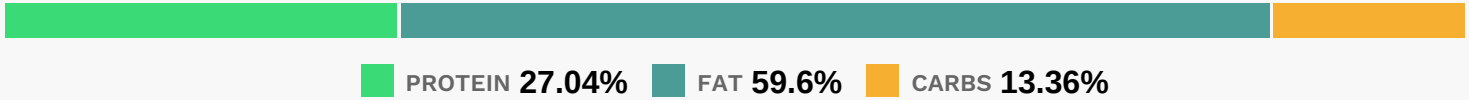
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup
- ☐ glass baking pan

Directions

- ☐ Place pork, fat side up, in large glass baking dish. Rub pork with salt and pepper.
- ☐ Whisk honey, 4 tablespoons lemon juice, 4 tablespoons olive oil, coriander, and thyme in small bowl.
- ☐ Pour over pork; cover pork loosely with foil.
- ☐ Let stand at room temperature 1 hour, basting occasionally.
- ☐ Preheat oven to 375°F.
- ☐ Transfer pork to roasting pan; reserve marinade. Roast pork 15 minutes. Spoon 1/4 of reserved marinade over pork.
- ☐ Add 1/4 cup broth to roasting pan. Roast pork 15 minutes; spoon remaining marinade over.
- ☐ Add 1/4 cup broth to pan. Roast until instant-read thermometer inserted into center of pork registers 150°F, about 40 minutes longer.
- ☐ Add 1/4 cup broth to pan, stirring browned bits from bottom.
- ☐ Transfer pork to platter; tent with foil. Strain pan juices into 1-cup measuring cup; add enough broth to measure 1 cup liquid.

- ☐ Pour into small saucepan; keep warm over low heat.
- ☐ Heat remaining 3 tablespoons oil in large skillet over medium-high heat.
- ☐ Add chard and toss to coat. Cover and cook until chard is tender, stirring occasionally, about 5 minutes.
- ☐ Mix in remaining lemon juice. Season with salt and pepper.
- ☐ Spread greens on platter. Slice pork and arrange atop greens.
- ☐ Pour pan juices over.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:12.59, Inflammation Score:-10, Nutrition Score:38.880869492241%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.48mg, Kaempferol: 3.48mg, Kaempferol: 3.48mg, Kaempferol: 3.48mg Myricetin: 1.86mg, Myricetin: 1.86mg, Myricetin: 1.86mg, Myricetin: 1.86mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 821.59kcal (41.08%), Fat: 54.54g (83.91%), Saturated Fat: 15.44g (96.52%), Carbohydrates: 27.5g (9.17%), Net Carbohydrates: 26.06g (9.48%), Sugar: 24.23g (26.92%), Cholesterol: 161.48mg (53.83%), Sodium: 1417.34mg (61.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.67g (111.34%), Vitamin K: 512.66µg (488.25%), Vitamin B1: 2.13mg (141.76%), Selenium: 87.06µg (124.37%), Vitamin A: 3697.82IU (73.96%), Vitamin B3: 13.33mg (66.67%), Vitamin B6: 1.2mg (60.02%), Phosphorus: 564.03mg (56.4%), Vitamin B2: 0.75mg (43.89%), Potassium: 1335.46mg (38.16%), Zinc: 4.59mg (30.63%), Vitamin C: 24.02mg (29.11%), Vitamin E: 4.31mg (28.72%), Magnesium: 106.93mg (26.73%), Vitamin D: 3.77µg (25.12%), Vitamin B12: 1.38µg (23.08%), Iron: 3.73mg (20.7%), Vitamin B5: 2.04mg (20.35%), Manganese: 0.34mg (17.13%), Copper: 0.3mg (14.87%), Folate: 28.35µg (7.09%), Calcium: 58.7mg (5.87%), Fiber: 1.44g (5.76%)