



Mustard-Crusted Pork with Farro and Carrot Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1.5 pounds baby carrots very thinly sliced lengthwise
- ☐ 3 pound pork loin boneless
- ☐ 1 tablespoon caraway seeds coarsely chopped
- ☐ 2 cups farro
- ☐ 1 cup parsley fresh packed ()
- ☐ 1 teaspoon honey

- ☐ 8 servings pepper freshly ground
- ☐ 0.3 cup ground mustard
- ☐ 0.5 cup olive oil divided
- ☐ 0.5 small onion red very thinly sliced into rings
- ☐ 1 cup coarse mustard whole

Equipment

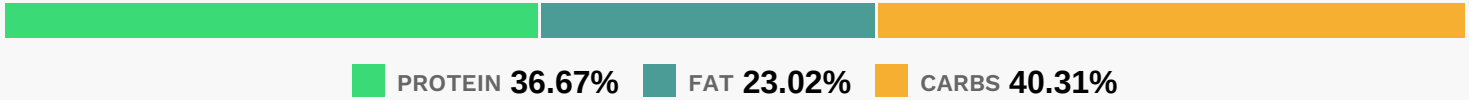
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Place pork on a wire rack set inside a large rimmed baking sheet; season all over with salt and pepper.
- ☐ Whisk mustard, mustard powder, and 1/4 cup oil in a small bowl to blend. Rub over pork and let sit at room temperature 1 hour.
- ☐ Preheat oven to 425°F. Roast pork until beginning to brown, 25–30 minutes. Reduce heat to 350°F and roast until a thermometer inserted in the thickest part registers 145°F, 25–35 minutes longer, depending on thickness of roast.
- ☐ Meanwhile, cook farro in a large pot of boiling salted water until tender, 30–35 minutes; drain.
- ☐ Whisk vinegar, caraway seeds, honey, and remaining 1/4 cup oil in a medium bowl; set vinaigrette aside.
- ☐ Heat 2 tablespoons vinaigrette in a large skillet over medium-high heat.
- ☐ Add farro and carrots and cook, tossing often, until carrots soften and farro is warmed through, about 3 minutes.

- ☐ Remove from heat and transfer to a large bowl.
- ☐ Add onion, parsley, and half of remaining vinaigrette; season with salt and pepper and toss to combine.
- ☐ Slice pork.
- ☐ Serve with farro salad. Pass remaining vinaigrette alongside.
- ☐ DO AHEAD: Farro can be cooked 2 days ahead.
- ☐ Let cool, cover, and chill. Reheat before using.

Nutrition Facts



Properties

Glycemic Index:26.91, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:40.399130365123%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 505.94kcal (25.3%), Fat: 12.94g (19.91%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 50.98g (16.99%), Net Carbohydrates: 38.23g (13.9%), Sugar: 6.27g (6.97%), Cholesterol: 107.16mg (35.72%), Sodium: 502.28mg (21.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.39g (92.77%), Vitamin A: 12397.71IU (247.95%), Vitamin K: 134.59µg (128.18%), Selenium: 85.6µg (122.28%), Vitamin B6: 1.56mg (77.94%), Vitamin B3: 13.04mg (65.21%), Vitamin B1: 0.98mg (65.16%), Phosphorus: 594.58mg (59.46%), Manganese: 1.1mg (54.78%), Fiber: 12.76g (51.03%), Zinc: 4.85mg (32.32%), Magnesium: 128.68mg (32.17%), Potassium: 1124.04mg (32.12%), Vitamin B2: 0.45mg (26.41%), Iron: 4.43mg (24.61%), Copper: 0.47mg (23.25%), Vitamin B5: 1.91mg (19.15%), Vitamin C: 13.26mg (16.07%), Vitamin B12: 0.87µg (14.46%), Folate: 55.79µg (13.95%), Calcium: 98.54mg (9.85%), Vitamin E: 1mg (6.7%), Vitamin D: 0.68µg (4.54%)