



Pesto Pork With Polenta

 Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



450 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 pound baby spinach
- ☐ 14 ounce polenta prepared sliced
- ☐ 2 cups basil leaves fresh 1 bunch
- ☐ 2 cups parsley leaves fresh 1 bunch
- ☐ 1 juice of lemon finely grated
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.5 pounds pork tenderloin

- ☐ 2.5 cups scallions coarsely chopped 2 bunches
- ☐ 4 cloves garlic whole thinly sliced 2 , 2
- ☐ 2 teaspoons worcestershire sauce

Equipment

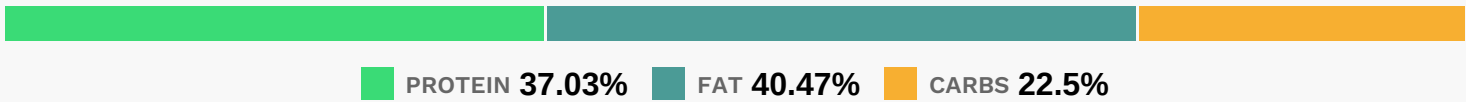
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Place a rimmed baking sheet in the lower third of the oven; preheat to 450 degrees F. Make the pesto: Pulse the parsley, basil, scallions, whole garlic, Worcestershire sauce, lemon zest and the juice of 1 lemon in a food processor. With the motor running, add 1/4 cup olive oil. Refrigerate 3/4 cup of the pesto for Risotto with Pesto and Peas. Coat the pork with 1/4 cup of the remaining pesto.
- ☐ Mix the remaining 1/2 cup pesto in a small bowl with 1 tablespoon hot water and the remaining lemon juice; season with salt and pepper.
- ☐ Heat 1 tablespoon olive oil in a large skillet over medium-high heat.
- ☐ Add the pork and brown all over, about 4 minutes.
- ☐ Transfer to the hot baking sheet and roast until a thermometer registers 145 degrees F, about 15 minutes. Meanwhile, cook the polenta as the label directs.
- ☐ Heat the remaining 1/2 tablespoon olive oil in the skillet over medium heat.
- ☐ Add the sliced garlic and cook 1 minute.
- ☐ Add the spinach, 3 tablespoons of the pesto mixture and 1/4 cup water; cook, stirring, until wilted, 3 minutes. Slice the pork; serve with the polenta, spinach and remaining pesto mixture. Season with salt and pepper.
- ☐ Calories 464
- ☐ Fat 18 g (Saturated 4 g)

- Cholesterol 111 mg
- Sodium 628 mg
- Carbohydrate 34 g
- Fiber 8 g
- Protein 41 g
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:52.048695543538%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 64.65mg, Apigenin: 64.65mg, Apigenin: 64.65mg, Apigenin: 64.65mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 8.54mg, Kaempferol: 8.54mg, Kaempferol: 8.54mg, Kaempferol: 8.54mg Myricetin: 4.9mg, Myricetin: 4.9mg, Myricetin: 4.9mg, Myricetin: 4.9mg Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg

Nutrients (% of daily need)

Calories: 450.07kcal (22.5%), Fat: 20.6g (31.69%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 25.78g (8.59%), Net Carbohydrates: 20.09g (7.31%), Sugar: 2.84g (3.16%), Cholesterol: 110.56mg (36.85%), Sodium: 440.94mg (19.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.41g (84.81%), Vitamin K: 1227.1µg (1168.66%), Vitamin A: 14453.92IU (289.08%), Vitamin B1: 1.85mg (123.32%), Vitamin C: 89.9mg (108.97%), Vitamin B6: 1.67mg (83.38%), Selenium: 56.24µg (80.35%), Folate: 316.57µg (79.14%), Manganese: 1.4mg (69.81%), Vitamin B3: 13.12mg (65.58%), Phosphorus: 534.05mg (53.41%), Vitamin B2: 0.89mg (52.37%), Potassium: 1740.11mg (49.72%), Iron: 8.34mg (46.34%), Magnesium: 177.25mg (44.31%), Vitamin E: 5.32mg (35.47%), Zinc: 4.56mg (30.39%), Calcium: 242.43mg (24.24%), Copper: 0.48mg (23.79%), Fiber: 5.68g (22.74%), Vitamin B5: 1.79mg (17.94%), Vitamin B12: 0.88µg (14.74%), Vitamin D: 0.51µg (3.4%)