



Pork and Cabbage with Wild Rice and Spiced Apple

 Gluten Free  Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon apple cider vinegar
- 1 teaspoon apple pie spice
- 4 teaspoons country dijon mustard
- 3 tablespoons parsley fresh chopped
- 2 cloves garlic thinly sliced
- 4 servings kosher salt and pepper black freshly ground
- 1.3 pounds pork tenderloin trimmed

- 24 ounce milk for serving reduced-fat
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 1 tablespoon olive oil
- 2 apples red cored cut into slices
- 0.5 head cabbage red cored cut into 1-inch pieces (5 cups)
- 1 cup rice blend wild

Equipment

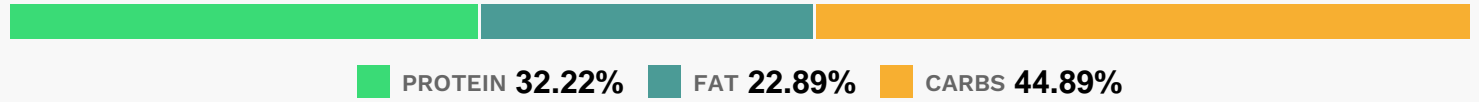
- frying pan
- baking sheet
- oven
- kitchen thermometer
- cutting board

Directions

- Position an oven rack in the top third of the oven and preheat to 425 degrees F. Prepare the wild rice as per package instructions (discarding any included flavor packets). Keep warm and set aside.
- Meanwhile, toss the cabbage, garlic, 1 tablespoon of the oil, 1 tablespoon of the vinegar, 1/4 teaspoon salt and a few grinds of pepper together on a baking sheet.
- Spread out leaving room for the pork tenderloin in the center.
- Sprinkle the pork with 3/4 teaspoon of the apple pie spice, 1/2 teaspoon salt and a few grinds of pepper.
- Heat the remaining 1 1/2 teaspoons oil in a large nonstick skillet.
- Add the pork and cook, turning as needed, until brown on all sides, about 5 minutes.
- Place on the baking sheet and brush the top and sides of the pork with 2 teaspoons of the mustard. Roast until the cabbage is tender and the internal temperature of the pork registers 145 degrees F on an instant-read thermometer, 25 to 30 minutes.
- Transfer the pork to a cutting board to rest for a few minutes and then slice. Toss the parsley with the cabbage.

- Toss the apples with the remaining 1/4 teaspoon apple pie spice. For the sauce, stir together the sour cream and the remaining 2 teaspoons mustard and 1 teaspoon vinegar. Divide the rice, cabbage, pork and apples evenly among four dinner plates. Spoon the sauce over the pork.
- Serve each with a glass of milk.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:20.69, Inflammation Score:-9, Nutrition Score:44.708695847055%

Flavonoids

Cyanidin: 221.49mg, Cyanidin: 221.49mg, Cyanidin: 221.49mg, Cyanidin: 221.49mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 6.53mg, Apigenin: 6.53mg, Apigenin: 6.53mg, Apigenin: 6.53mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 541.34kcal (27.07%), Fat: 14.01g (21.56%), Saturated Fat: 5.67g (35.44%), Carbohydrates: 61.85g (20.62%), Net Carbohydrates: 54.54g (19.83%), Sugar: 23.32g (25.91%), Cholesterol: 115.81mg (38.6%), Sodium: 268.43mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.38g (88.76%), Vitamin B1: 1.64mg (109.12%), Vitamin K: 95.02µg (90.5%), Vitamin C: 69.16mg (83.83%), Vitamin B6: 1.61mg (80.59%), Phosphorus: 752.17mg (75.22%), Selenium: 52.52µg (75.03%), Vitamin B3: 12.96mg (64.78%), Vitamin B2: 1.04mg (61.38%), Manganese: 1.02mg (50.77%), Zinc: 6.39mg (42.58%), Potassium: 1425.23mg (40.72%), Magnesium: 157.3mg (39.33%), Vitamin A: 1753.2IU (35.06%), Calcium: 326.95mg (32.7%), Fiber: 7.31g (29.24%), Vitamin B12: 1.75µg (29.09%), Vitamin B5: 2.48mg (24.81%), Copper: 0.41mg (20.55%), Iron: 3.6mg (20.01%), Folate: 76.37µg (19.09%), Vitamin E: 1.61mg (10.75%), Vitamin D: 0.34µg (2.27%)