



Pork and Charred Brussels Sprouts with Chile Lime Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds brussels sprouts trimmed
- ☐ 0.8 cup cilantro leaves divided roughly chopped
- ☐ 2 tablespoons vietnamese fish sauce
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 2 garlic cloves peeled
- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 1.3 lbs pork tenderloin trimmed
- ☐ 0.3 cup juice of lime
- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 0.5 teaspoon pepper divided
- ☐ 1 small onion red cut into 1/2-in. wedges
- ☐ 1 pound sweet potatoes cut into 3/4- by 4-in. wedges
- ☐ 2 thai chiles minced

Equipment

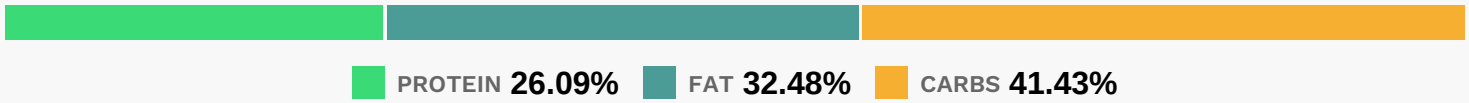
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ roasting pan

Directions

- ☐ Preheat oven to 45
- ☐ Separate brussels sprout leaves; thinly slice hearts. Set aside.
- ☐ Season pork with 1/4 tsp. each salt and pepper. Brown in 1 tbsp. oil in a large frying pan over high heat, turning, 8 to 10 minutes.
- ☐ Toss sweet potatoes in a roasting pan with onion, 2 tbsp. oil, and 1/4 tsp. each salt and pepper.
- ☐ Add pork. Roast 15 to 20 minutes for medium-rare, stirring vegetables once.
- ☐ Meanwhile, pure honey, lime juice, fish sauce, garlic, ginger, and half the chile in a blender. Stir in remaining chile; set sauce aside.
- ☐ Heat 1 tbsp. oil in the frying pan over high heat and lightly char half the brussels sprouts, stirring, 2 minutes.
- ☐ Transfer to a bowl. Repeat for remaining brussels sprouts. Toss with 1/2 cup cilantro and 1/4 cup sauce.

- ☐
- Slice pork, toss sweet potatoes with remaining cilantro, and set on a platter with brussels sprouts.
- ☐
- Drizzle more sauce to taste over everything (you may have some left over).

Nutrition Facts



Properties

Glycemic Index:69.57, Glycemic Load:23.95, Inflammation Score:-10, Nutrition Score:47.438696140828%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 5.65mg, Naringenin: 5.65mg, Naringenin: 5.65mg, Naringenin: 5.65mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg

Nutrients (% of daily need)

Calories: 568.12kcal (28.41%), Fat: 21.24g (32.68%), Saturated Fat: 3.55g (22.21%), Carbohydrates: 60.95g (20.32%), Net Carbohydrates: 50.19g (18.25%), Sugar: 27.81g (30.9%), Cholesterol: 92.14mg (30.71%), Sodium: 1182.02mg (51.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.38g (76.76%), Vitamin A: 17611.56IU (352.23%), Vitamin K: 323.94µg (308.51%), Vitamin C: 156.74mg (189.99%), Vitamin B1: 1.76mg (117.63%), Vitamin B6: 1.83mg (91.61%), Selenium: 48.48µg (69.26%), Vitamin B3: 11.77mg (58.83%), Phosphorus: 538.28mg (53.83%), Manganese: 1.04mg (52.16%), Potassium: 1745.8mg (49.88%), Vitamin B2: 0.74mg (43.52%), Fiber: 10.76g (43.04%), Folate: 130.81µg (32.7%), Magnesium: 128.88mg (32.22%), Vitamin E: 4.77mg (31.78%), Vitamin B5: 2.75mg (27.49%), Iron: 4.93mg (27.4%), Zinc: 3.91mg (26.05%), Copper: 0.47mg (23.37%), Calcium: 132.93mg (13.29%), Vitamin B12: 0.77µg (12.77%), Vitamin D: 0.28µg (1.89%)