



Pork and Fennel Ragout

 Dairy Free  Very Healthy

READY IN



39 min.

SERVINGS



4

CALORIES



2448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces cremini mushrooms sliced
- ☐ 1 small fennel bulb trimmed chopped
- ☐ 1 teaspoon fennel seeds
- ☐ 3 tablespoons flour all-purpose
- ☐ 5 tablespoons parsley fresh chopped
- ☐ 1 juice of lemon
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 3 pork loin chops boneless 1-inch-thick trimmed sliced into 1/4-inch-wide strips (1 pound total)
- ☐ 1.5 cups white wine
- ☐ 1 cup shallots sliced
- ☐ 2 tablespoons tomato paste

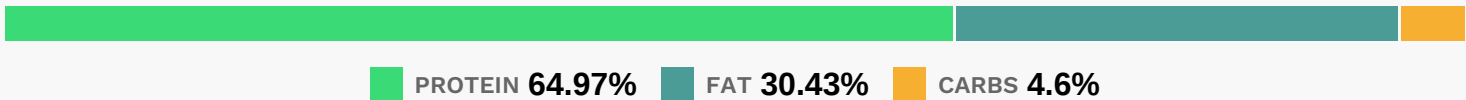
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot

Directions

- ☐ Grind the fennel seeds with 1 teaspoon salt and 1/2 teaspoon pepper in a spice grinder or chop with a knife.
- ☐ Transfer to a medium bowl; mix with the lemon juice and pork.
- ☐ Add the flour and toss to coat. In another bowl, mix the lemon zest with 2 tablespoons parsley.
- ☐ Heat a deep skillet or pot over high heat and add the olive oil. Brown the pork in batches, 1 minute per side; transfer to a plate.
- ☐ Add the shallots, fennel bulb, the remaining 3 tablespoons parsley, and salt to taste to the skillet. Reduce the heat and cook until the vegetables are wilted, 2 minutes.
- ☐ Add the tomato paste and cook, stirring, 3 minutes.
- ☐ Add the mushrooms, wine and 1/2 cup water; scrape up any browned bits. Cover and simmer over low heat until the fennel is tender, 12 minutes.
- ☐ Add the pork and heat through, 2 to 3 minutes. Season with salt and pepper and top with the lemon zest-parsley mixture.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:7.56, Inflammation Score:-10, Nutrition Score:67.063912847768%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 2448.19kcal (122.41%), Fat: 77.81g (119.71%), Saturated Fat: 22.1g (138.1%), Carbohydrates: 26.5g (8.83%), Net Carbohydrates: 21.5g (7.82%), Sugar: 10.26g (11.4%), Cholesterol: 1037.14mg (345.71%), Sodium: 1113.56mg (48.42%), Alcohol: 9.27g (100%), Alcohol %: 0.6% (100%), Protein: 373.81g (747.63%), Selenium: 477.99µg (682.85%), Vitamin B6: 12.81mg (640.69%), Vitamin B1: 7.46mg (497.54%), Vitamin B3: 98.54mg (492.7%), Phosphorus: 3888.7mg (388.87%), Zinc: 31.04mg (206.93%), Vitamin B2: 3.52mg (206.92%), Potassium: 7109.31mg (203.12%), Vitamin B12: 8.47µg (141.11%), Vitamin B5: 13.74mg (137.41%), Vitamin K: 126.82µg (120.78%), Magnesium: 475.25mg (118.81%), Copper: 1.45mg (72.74%), Iron: 11.52mg (64.01%), Vitamin D: 6.66µg (44.37%), Manganese: 0.71mg (35.51%), Vitamin E: 4.42mg (29.46%), Vitamin C: 23.16mg (28.07%), Fiber: 5g (19.99%), Folate: 74.88µg (18.72%), Calcium: 171mg (17.1%), Vitamin A: 625.08IU (12.5%)