



## Pork fillet with mustard & herbs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 fillet fatty pork
- 2 tbsp olive oil
- 2 tbsp dijon mustard
- 150 ml olive oil
- 1 lemon zest grated
- 100 g flat-leaf parsley fresh
- 50 g basil leaves

### Equipment

- food processor
- frying pan
- oven

## Directions

- Preheat the oven to fan 160C/ conventional 180C/gas
- Make the herb paste by blitzing the olive oil, lemon zest, parsley and basil in a food processor, adding black pepper to taste. Set aside. Trim the pork fillets of any membrane, season and brush with the 2 tbsp olive oil.
- Heat a dry, heavy-based frying pan, then sear the fillets over a high heat until nicely coloured all over.
- Transfer to a roasting tin and roast for 30 minutes.
- Brush the roasted fillets with mustard, then smother with the herb paste (hands are fine for this). Slice the fillets on the diagonal and serve with creamy potatoes and a green veg.

## Nutrition Facts

**PROTEIN 1.66%** **FAT 95.74%** **CARBS 2.6%**

## Properties

Glycemic Index:22.33, Glycemic Load:0.24, Inflammation Score:-8, Nutrition Score:11.003043492932%

## Flavonoids

Apigenin: 35.93mg, Apigenin: 35.93mg, Apigenin: 35.93mg, Apigenin: 35.93mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 2.47mg, Myricetin: 2.47mg, Myricetin: 2.47mg, Myricetin: 2.47mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 255.06kcal (12.75%), Fat: 27.87g (42.87%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.28g (0.31%), Cholesterol: 0.32mg (0.11%), Sodium: 65.54mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin K: 324.54µg (309.09%), Vitamin A: 1847.64IU (36.95%), Vitamin C: 24.98mg (30.27%), Vitamin E: 4.17mg (27.81%), Iron: 1.54mg (8.58%), Folate: 31.48µg (7.87%), Manganese: 0.14mg (7.16%), Calcium: 42.54mg (4.25%), Magnesium: 16.35mg (4.09%), Fiber: 1g (4.02%), Potassium: 128.26mg (3.66%), Copper: 0.06mg (3.1%), Selenium: 1.9µg (2.71%), Vitamin B1: 0.03mg (2.14%), Phosphorus: 21.07mg (2.11%), Zinc: 0.29mg (1.93%), Vitamin B6: 0.04mg (1.85%), Vitamin B3: 0.36mg (1.79%),

Vitamin B2: 0.03mg (1.67%), Vitamin B5: 0.11mg (1.06%)