



Pork Loin in Peanut Sauce

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



347 kcal

SAUCE

Ingredients

- 3 ancho chiles stemmed seeded
- 2 lb pork loin boneless
- 8 oz tomato sauce canned
- 2 cups chicken broth divided
- 1 chipotle pepper in adobo sauce canned
- 2 Tbsp cilantro leaves fresh chopped
- 3 cloves garlic unpeeled
- 0.8 cup low-moisture part-skim mozzarella cheese shredded kraft

- 2 Tbsp oil divided
- 0.5 small onion sliced
- 0.8 cup planters roasted peanuts dry divided

Equipment

- frying pan
- sauce pan
- oven
- blender
- roasting pan
- grill pan

Directions

- Heat oven to 350F.
- Heat 1 Tbsp. oil in large skillet on medium-high heat.
- Add meat; cook 5 min. or until browned on all sides, turning occasionally.
- Transfer to roasting pan.
- Add 1 cup broth; cover.
- Bake 1-1/4 hours or until meat is done (145F), basting every 30 min.
- Meanwhile, cook and stir onions and garlic in grill pan or skillet on medium-high heat 5 min. or until crisp-tender.
- Remove from pan; peel garlic. About 30 min. before meat is done, blend remaining broth, tomato sauce, ancho peppers, chipotle pepper, 1/2 cup nuts, onions and garlic in blender until smooth.
- Heat remaining oil in medium saucepan on medium heat.
- Add prepared sauce; cook 15 min., stirring occasionally.
- Remove meat from oven.
- Let stand 3 min. Chop remaining nuts. Slice meat; place on platter.
- Drizzle with sauce; top with remaining nuts, cheese and cilantro.

Nutrition Facts

PROTEIN 37.82% FAT 44.94% CARBS 17.24%

Properties

Glycemic Index:16.75, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:23.939565451249%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 347.4kcal (17.37%), Fat: 17.75g (27.3%), Saturated Fat: 3.95g (24.68%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 9.65g (3.51%), Sugar: 7.78g (8.65%), Cholesterol: 79.34mg (26.45%), Sodium: 542.93mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.6g (67.19%), Vitamin A: 3658.01IU (73.16%), Vitamin B6: 1.08mg (54.12%), Vitamin B3: 10.11mg (50.56%), Selenium: 35.28µg (50.4%), Phosphorus: 388.72mg (38.87%), Vitamin B1: 0.56mg (37.31%), Vitamin B2: 0.49mg (28.55%), Potassium: 873.72mg (24.96%), Manganese: 0.49mg (24.6%), Fiber: 5.66g (22.65%), Zinc: 2.98mg (19.86%), Magnesium: 74.06mg (18.52%), Vitamin K: 18.01µg (17.15%), Vitamin E: 2.32mg (15.44%), Vitamin B5: 1.28mg (12.8%), Iron: 2.04mg (11.33%), Vitamin B12: 0.68µg (11.27%), Calcium: 111.27mg (11.13%), Copper: 0.21mg (10.26%), Vitamin C: 6.81mg (8.25%), Folate: 24.76µg (6.19%), Vitamin D: 0.49µg (3.23%)