



Pork Loin with Mushroom Fricassee

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown sugar
- 4 tablespoons butter ()
- 0.5 cup chanterelles thinly sliced
- 1 cup chicken stock see
- 1 tablespoon thyme leaves fresh minced
- 1 tablespoon garlic minced
- 2 teaspoons garlic finely chopped
- 1 pinch ground cinnamon

- 0.5 teaspoon ground cloves
- 1 pinch ground cloves
- 2 teaspoons ground ginger
- 1 pinch ground nutmeg
- 0.3 teaspoon ground pepper black
- 1 teaspoon kosher salt
- 0.5 cup domestic mushrooms thinly sliced
- 1 teaspoon oregano leaves fresh minced
- 1 teaspoon parsley leaves minced
- 5 pound pork loin
- 0.5 cup portabello mushrooms thinly sliced
- 8 servings salt and pepper
- 2 tablespoons shallots minced
- 0.5 cup mushroom caps thinly sliced
- 0.3 cup tomato paste

Equipment

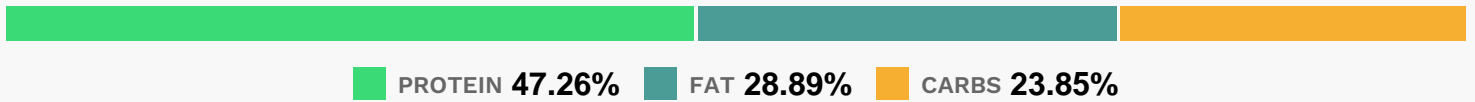
- bowl
- frying pan
- sauce pan
- oven
- roasting pan

Directions

- In a small bowl, combine the shallots, garlic, thyme, oregano, and parsley. Rub the mixture all over the pork and refrigerate overnight.
- Preheat the oven to 350 degrees F.
- Place the pork loin in a roasting pan and bake for 30 minutes.

- Remove pork from the oven, and when cool enough to touch, spread the paste all over the loin. Return the pork to the oven and cook until it has developed a crunchy crust on the outside and is cooked to your desired degree of doneness, about 25 to 30 more minutes.
- Remove the pork from the roasting pan to let the pork rest.
- Pour the juices from the meat into a fat separator.
- Add the meat juices only, not the fat, and the chicken stock to a small saucepan. Cook over medium-high heat until reduced to the consistency of a sauce. Meanwhile, start the Mushroom Fricassee.
- To serve, cut the pork loin into slices, pour the Mushroom Fricassee and sauce over, and serve immediately.
- Combine all ingredients in a small bowl.
- In a large skillet, melt the butter over medium heat.
- Add all of the sliced mushrooms and saute until just beginning to brown.
- Add the tomato paste and stir to incorporate. Season, to taste, with cinnamon, nutmeg, cloves, salt, and pepper. Spoon over the pork slices.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:1.13, Inflammation Score:-8, Nutrition Score:31.750000176222%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 563.89kcal (28.19%), Fat: 17.84g (27.44%), Saturated Fat: 7.31g (45.68%), Carbohydrates: 33.14g (11.05%), Net Carbohydrates: 31.67g (11.52%), Sugar: 29.06g (32.29%), Cholesterol: 194.55mg (64.85%), Sodium: 787.33mg (34.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.66g (131.31%), Selenium: 83.04µg (118.64%), Vitamin B6: 2.29mg (114.25%), Vitamin B3: 18.29mg (91.44%), Vitamin B1: 1.29mg (85.94%), Phosphorus: 691.09mg (69.11%), Potassium: 1345.1mg (38.43%), Vitamin B2: 0.65mg (38.16%), Zinc: 5.52mg (36.8%), Vitamin B5: 2.59mg (25.95%), Vitamin B12: 1.46µg (24.38%), Magnesium: 89.6mg (22.4%), Manganese: 0.44mg (22.07%), Copper: 0.31mg (15.46%), Iron: 2.69mg (14.96%), Vitamin D: 1.4µg (9.32%), Vitamin A: 348.74IU (6.97%), Vitamin E: 0.96mg

(6.37%), Fiber: 1.47g (5.86%), Calcium: 57.8mg (5.78%), Vitamin C: 4.16mg (5.04%), Vitamin K: 3.6µg (3.43%), Folate: 9.51µg (2.38%)