



 **84%**
HEALTH SCORE

Pork Loin with Roasted Peppers and Penne

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup slivered basil fresh
- 1 pound pork loin boneless lean
- 14.5 ounce canned tomatoes whole undrained chopped canned
- 0.5 cup cooking wine dry white
- 1 cup mushrooms fresh sliced
- 1 large clove garlic minced
- 1 large bell pepper green seeded cut into 1-inch pieces
- 1 large onion sliced

- 2 tablespoons oregano fresh chopped
- 8 ounces penne pasta uncooked (short tubular pasta)
- 1 large bell pepper sweet red seeded cut into 1-inch pieces
- 0.5 teaspoon salt
- 1 teaspoon sugar
- 1 large bell pepper sweet yellow seeded cut into 1-inch pieces

Equipment

- bowl
- frying pan
- paper towels
- oven

Directions

- Place pepper strips and onion in a 15- x 10- x 1-inch jellyroll pan coated with cooking spray. Coat vegetables with cooking spray.
- Bake, uncovered, at 475 for 15 to 20 minutes or until vegetables are tender and browned, stirring occasionally. Set aside.
- Cook pasta according to package directions, omitting salt and fat; drain well; set aside, and keep warm.
- Trim fat from pork; slice pork into 1/4-inch slices. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add half of pork slices and cook 1 to 2 minutes on each side or until browned; remove from skillet. Set aside, and keep warm. Repeat procedure with remaining half of pork slices. Wipe drippings from skillet with a paper towel.
- Coat skillet with cooking spray; place over medium-high heat until hot.
- Add mushrooms and garlic; saute 1 to 2 minutes or until mushrooms are lightly browned.
- Add tomatoes and next 3 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes. Return pork slices to skillet, and cook until thoroughly heated.
- Remove from heat, and stir in roasted pepper mixture, basil, and oregano.

Combine pasta and pepper mixture in a large serving bowl, tossing gently.

Serve warm.

Nutrition Facts

PROTEIN 31.92% **FAT 12.13%** **CARBS 55.95%**

Properties

Glycemic Index:74.22, Glycemic Load:17.32, Inflammation Score:-10, Nutrition Score:30.40086985671%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 385.2kcal (19.26%), Fat: 5.03g (7.74%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 52.2g (17.4%), Net Carbohydrates: 46.01g (16.73%), Sugar: 9.77g (10.85%), Cholesterol: 57.15mg (19.05%), Sodium: 395.35mg (17.19%), Alcohol: 2.47g (100%), Alcohol %: 0.78% (100%), Protein: 29.79g (59.58%), Vitamin C: 147.47mg (178.75%), Selenium: 56.58µg (80.83%), Vitamin B6: 1.2mg (60.2%), Manganese: 0.91mg (45.34%), Vitamin B3: 8.67mg (43.35%), Vitamin B1: 0.59mg (39.15%), Phosphorus: 374.92mg (37.49%), Vitamin A: 1560.76IU (31.22%), Potassium: 1043.44mg (29.81%), Vitamin K: 31.06µg (29.58%), Copper: 0.5mg (24.94%), Fiber: 6.2g (24.79%), Vitamin B2: 0.39mg (22.83%), Magnesium: 89.97mg (22.49%), Iron: 3.62mg (20.11%), Zinc: 2.94mg (19.62%), Vitamin B5: 1.66mg (16.61%), Folate: 62.49µg (15.62%), Vitamin E: 2.23mg (14.85%), Calcium: 98.74mg (9.87%), Vitamin B12: 0.47µg (7.84%), Vitamin D: 0.4µg (2.68%)