



Pork & prosciutto with creamy vegetables

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 4 pork escalopes
- ☐ 4 slices pancetta
- ☐ 400 g carrots cut into sticks
- ☐ 400 g jicama sliced
- ☐ 4 leek trimmed cut into strips
- ☐ 1 tbsp olive oil
- ☐ 3 tbsp crème fraîche

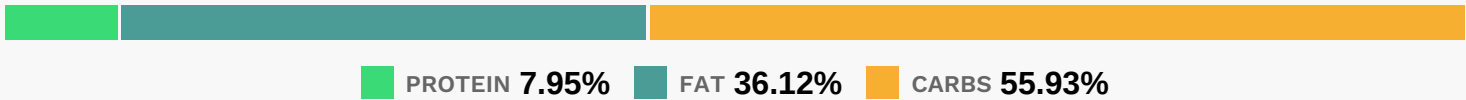
Equipment

- ☐ frying pan
- ☐ cocktail sticks

Directions

- ☐ Season the pork, then lay a slice of prosciutto on each and secure with a cocktail stick.
- ☐ Put the carrots into a pan with a small glass of water, then season if you like. Bring to the boil, cover and cook for 5 mins, then add the beans and leeks. Give everything a stir and cook, covered, for 5 mins more.
- ☐ Meanwhile, heat the oil in a frying pan.
- ☐ Add the pork and fry quickly for 2–3 mins on each side until cooked. Stir the crme frache into the vegetables until it is warmed through, then serve alongside the pork.

Nutrition Facts



Properties

Glycemic Index:23.46, Glycemic Load:7.29, Inflammation Score:-10, Nutrition Score:19.613043638027%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 216.89kcal (10.84%), Fat: 9.06g (13.94%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 22.26g (8.09%), Sugar: 10.32g (11.47%), Cholesterol: 10.59mg (3.53%), Sodium: 146.62mg (6.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Vitamin A: 18269.66IU (365.39%), Vitamin K: 57.57µg (54.83%), Vitamin C: 36.86mg (44.68%), Fiber: 9.3g (37.22%), Manganese: 0.63mg (31.65%), Folate: 88.5µg (22.13%), Vitamin B6: 0.41mg (20.62%), Potassium: 657.33mg (18.78%), Vitamin E: 2.51mg (16.74%), Iron: 2.83mg (15.71%), Magnesium: 50.78mg (12.69%), Vitamin B1: 0.16mg (10.89%), Calcium: 107.04mg (10.7%), Phosphorus: 102.51mg (10.25%), Copper: 0.2mg (10.24%), Vitamin B3: 1.87mg (9.35%), Vitamin B2: 0.14mg (7.96%), Vitamin B5: 0.61mg (6.07%), Selenium: 3.63µg (5.19%), Zinc: 0.63mg (4.21%)