



## Pork with Fennel and Potatoes

READY IN



40 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 1 large fennel bulb cut into wedges
- ☐ 2 tablespoons parsley fresh roughly chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 0.5 cup heavy cream
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1.5 pounds pork tenderloin trimmed 1 large or 2 small
- ☐ 0.3 cup chicken broth low-sodium

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 pound red-skinned potatoes quartered

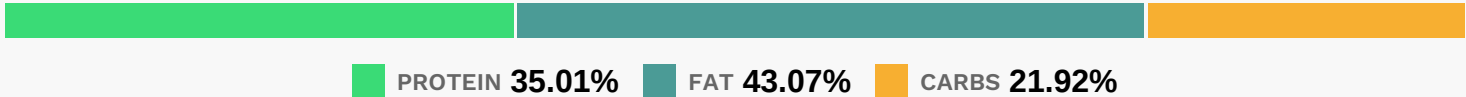
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

## Directions

- ☐ Preheat the oven to 425 degrees F. Halve the pork tenderloin crosswise; sprinkle with 1 teaspoon thyme and 1/2 teaspoon each salt and pepper.
- ☐ Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the pork and cook, turning, until browned, about 5 minutes.
- ☐ Transfer to a roasting pan; roast until a meat thermometer inserted into the thickest part of the pork registers 140 degrees F, 12 to 15 minutes.
- ☐ Meanwhile, heat the remaining 1 tablespoon olive oil in a large saucepan over medium heat.
- ☐ Add the fennel, garlic, potatoes, wine and 1 cup water; season with salt and pepper. Stir, then cover and cook, stirring occasionally, until the potatoes are almost tender, 15 minutes.
- ☐ Uncover and cook until the potatoes are tender, about 10 minutes.
- ☐ Add the broth and the remaining 1/2 teaspoon thyme. Simmer until slightly reduced, 1 minute.
- ☐ Add the cream; increase the heat and gently boil until slightly thickened, about 1 more minute. Season with salt and pepper. Slice the pork and serve with the vegetables and sauce. Top with parsley.
- ☐ Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:41.75, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:33.611739220827%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 466.56kcal (23.33%), Fat: 21.84g (33.6%), Saturated Fat: 9.12g (57.02%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 21.04g (7.65%), Sugar: 4.84g (5.38%), Cholesterol: 144.18mg (48.06%), Sodium: 349.82mg (15.21%), Alcohol: 1.54g (100%), Alcohol %: 0.47% (100%), Protein: 39.95g (79.89%), Vitamin B1: 1.81mg (120.67%), Vitamin B6: 1.6mg (80.15%), Selenium: 54.7µg (78.15%), Vitamin K: 78.1µg (74.38%), Vitamin B3: 13.34mg (66.72%), Phosphorus: 549.49mg (54.95%), Potassium: 1516.22mg (43.32%), Vitamin B2: 0.71mg (41.59%), Vitamin C: 21.75mg (26.36%), Zinc: 3.88mg (25.87%), Magnesium: 87.5mg (21.88%), Vitamin B5: 2mg (20.03%), Manganese: 0.38mg (19.09%), Iron: 3.37mg (18.72%), Copper: 0.37mg (18.57%), Fiber: 3.98g (15.9%), Vitamin B12: 0.93µg (15.5%), Vitamin A: 728.04IU (14.56%), Vitamin E: 2.02mg (13.49%), Folate: 41.01µg (10.25%), Calcium: 81.5mg (8.15%), Vitamin D: 0.82µg (5.44%)