



 **100%**
HEALTH SCORE

Pork with Rosemary Polenta

 **Gluten Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



668 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons balsamic vinegar
- 1 bunch broccoli cut into florets
- 1 tablespoon dijon mustard
- 1 teaspoon rosemary fresh chopped
- 4 cloves garlic thinly sliced
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin
- 2.8 pounds pork tenderloin

- 0.8 cup quick-cooking polenta
- 0.3 teaspoon pepper flakes red
- 5.5 cups skim milk

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- kitchen thermometer
- cutting board

Directions

- Preheat the oven to 375 degrees F.
- Combine the mustard, vinegar, chopped rosemary and 1/2 teaspoon each salt and pepper in a bowl; brush all over the pork.
- Heat 1 tablespoon olive oil in a large nonstick ovenproof skillet over medium-high heat.
- Add the pork and cook until browned on all sides, about 5 minutes.
- Transfer the skillet to the oven and roast until a thermometer registers 145 degrees F, about 15 minutes.
- Transfer the pork to a cutting board and let rest.
- Wipe out the skillet.
- Add the remaining 1 tablespoon olive oil, the garlic and red pepper flakes; cook over medium heat, 2 minutes.
- Add the broccoli, 1/4 cup water and 1/4 teaspoon salt. Cover; cook 5 minutes.
- Bring 3 cups water, the milk, rosemary sprig and 1/4 teaspoon salt to a boil in a saucepan over medium heat; discard the rosemary.
- Whisk in the polenta and cook, whisking, until thickened, 3 to 5 minutes.

Remove from the heat and stir in the parmesan. Slice the pork and serve with the broccoli and polenta.

Photograph by Justin Walker

Nutrition Facts

PROTEIN 49.69% **FAT 27.1%** **CARBS 23.21%**

Properties

Glycemic Index:60.56, Glycemic Load:13.75, Inflammation Score:-9, Nutrition Score:59.801304526951%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 668.06kcal (33.4%), Fat: 20.05g (30.84%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 32.96g (11.99%), Sugar: 20.28g (22.53%), Cholesterol: 212.81mg (70.94%), Sodium: 589.22mg (25.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.7g (165.4%), Vitamin B1: 3.45mg (230.29%), Vitamin C: 136.54mg (165.5%), Selenium: 111.92µg (159.89%), Vitamin K: 159.98µg (152.36%), Vitamin B6: 2.9mg (145.23%), Phosphorus: 1297.69mg (129.77%), Vitamin B3: 22.16mg (110.82%), Vitamin B2: 1.7mg (99.72%), Potassium: 2346.05mg (67.03%), Vitamin B12: 3.58µg (59.59%), Zinc: 8.52mg (56.83%), Calcium: 551.12mg (55.11%), Manganese: 1.1mg (54.93%), Magnesium: 200.65mg (50.16%), Vitamin B5: 4.82mg (48.22%), Vitamin A: 1681.15IU (33.62%), Vitamin D: 4.64µg (30.94%), Iron: 5.03mg (27.96%), Folate: 107.78µg (26.94%), Fiber: 5.65g (22.61%), Copper: 0.43mg (21.44%), Vitamin E: 3.05mg (20.33%)