



Roast Pork Loin with Savory Fennel Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 28 ounce less-sodium chicken broth fat-free divided canned
- ☐ 3 cups fennel bulb thinly sliced (1 large bulb)
- ☐ 1 tablespoon ground fennel seeds
- ☐ 1 ounce fontina shredded
- ☐ 8 ounces bread white french firm
- ☐ 4 garlic cloves divided minced
- ☐ 0.3 cup kosher salt

- ☐ 1 teaspoon olive oil
- ☐ 2 cups onion thinly sliced
- ☐ 2 pound pork loin
- ☐ 1 cup sugar
- ☐ 8 cups water

Equipment

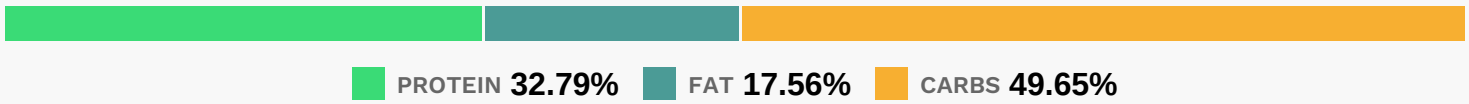
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Combine sugar, water, and salt in a large bowl, stirring until sugar and salt dissolve.
- ☐ Add pork; cover and brine 2 hours to overnight in refrigerator.
- ☐ Preheat oven to 350
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add sliced fennel, onion, and 2 garlic cloves; cook until golden brown (about 20 minutes), stirring frequently.
- ☐ Add 1/4 cup broth; cook until liquid evaporates, scraping pan to loosen browned bits. Stir in 1/4 teaspoon pepper.
- ☐ Add remaining broth; bring to a boil.
- ☐ Remove from heat.
- ☐ Combine bread and fennel mixture. Stir in cheese. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 1 hour and 10 minutes or until golden brown.
- ☐ While bread pudding bakes, rinse pork and pat dry.
- ☐ Combine fennel seeds, 2 garlic cloves, and 1/4 teaspoon pepper; rub evenly over pork.

- ☐
- Heat a large ovenproof skillet over medium–high heat. Coat pan with cooking spray.
- ☐
- Add pork to pan; cook 5 minutes, browning on all sides.
- ☐
- Place skillet in oven; bake at 350 for 40 minutes or until a thermometer registers 140 (slightly pink).
- ☐
- Let stand 10 minutes before serving.
- ☐
- Serve bread pudding with pork.

Nutrition Facts



Properties

Glycemic Index:38.95, Glycemic Load:30.41, Inflammation Score:-5, Nutrition Score:23.200869285542%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 376.47kcal (18.82%), Fat: 7.37g (11.34%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 46.89g (15.63%), Net Carbohydrates: 44.22g (16.08%), Sugar: 29.46g (32.73%), Cholesterol: 75.55mg (25.18%), Sodium: 4228.66mg (183.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.97g (61.93%), Manganese: 3.22mg (161.02%), Selenium: 43.02µg (61.46%), Vitamin B6: 0.99mg (49.28%), Vitamin B1: 0.74mg (49.07%), Vitamin B3: 8.75mg (43.76%), Phosphorus: 342.15mg (34.21%), Vitamin B2: 0.39mg (22.88%), Vitamin K: 21.47µg (20.45%), Potassium: 704.4mg (20.13%), Zinc: 2.69mg (17.97%), Vitamin B12: 0.84µg (13.94%), Magnesium: 55.52mg (13.88%), Iron: 2.41mg (13.4%), Folate: 52.55µg (13.14%), Vitamin B5: 1.21mg (12.09%), Copper: 0.22mg (11.09%), Fiber: 2.68g (10.71%), Vitamin C: 7.5mg (9.09%), Calcium: 90.84mg (9.08%), Vitamin E: 0.49mg (3.25%), Vitamin D: 0.47µg (3.17%), Vitamin A: 78.7IU (1.57%)