



## Roast Pork With Creamy Peas

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pound pork loin (boneless with fat layer intact)
- 3 teaspoons mild chile powder
- 2 tablespoons brown sugar (dark packed)
- 2 tablespoons parsley (fresh chopped)
- 4 cups peas (fresh frozen shelled (from 4 to 5 pounds pea pods))
- 1 tablespoon granulated sugar
- 0.8 cup heavy cream
- 8 servings kosher salt

- 8 servings kosher salt and pepper freshly ground
- 3 teaspoons ground mustard
- 1 tablespoon olive oil extra-virgin
- 8 servings pepper freshly ground
- 2 scallions thinly sliced
- 2 tablespoons butter unsalted
- 2 tablespoons vinegar white
- 1 teaspoon worcestershire sauce

## Equipment

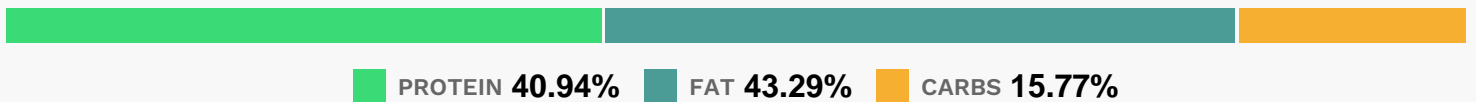
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- kitchen thermometer
- cutting board
- kitchen twine

## Directions

- Mix 2 tablespoons brown sugar, 2 teaspoons each mustard powder and chile powder, 1 tablespoon salt and 1/4 teaspoon pepper in a bowl.
- Put the pork on a plate, pat dry and rub all over with the spice mixture. Refrigerate, uncovered, at least 4 hours or overnight.
- Whisk the remaining 2 teaspoons brown sugar, 1 teaspoon each mustard powder and chile powder, the Worcestershire sauce, vinegar, 1/4 teaspoon salt, and pepper to taste in a bowl; set aside for brushing.
- Preheat the oven to 375 degrees F. Rinse the pork and pat dry. If desired, tie kitchen twine around the pork in a few places to help it keep its shape.

- Heat the olive oil in a large skillet over medium-high heat.
- Add the pork, fat-side down, and sear until golden, about 5 minutes. Continue to cook, turning, until golden all over, about 5 more minutes.
- Transfer to a rimmed baking sheet, fat-side up, and roast 30 minutes.
- Brush with three-quarters of the vinegar mixture; continue roasting until a thermometer inserted into the center registers 145 degrees F, 15 to 20 more minutes.
- Transfer to a cutting board and brush with the remaining vinegar mixture.
- Let rest 15 minutes before slicing.
- Meanwhile, make the peas: Bring 6 cups water, the granulated sugar and 1/4 teaspoon salt to a boil in a saucepan.
- Add the peas, bring to a simmer and cook until tender, 8 to 10 minutes for fresh peas or 3 to 4 minutes for frozen.
- Drain, transfer to a bowl and keep warm.
- Add the cream to the pan, bring to a boil and cook until reduced by half, about 3 minutes.
- Whisk in the butter, then add to the peas and toss.
- Add the parsley and scallions, season with salt and pepper and toss.
- Serve with the pork.
- Photograph by Con Poulos

## Nutrition Facts



### Properties

Glycemic Index:32.55, Glycemic Load:3.91, Inflammation Score:-8, Nutrition Score:28.059565150219%

### Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

### Nutrients (% of daily need)

Calories: 425.65kcal (21.28%), Fat: 20.24g (31.14%), Saturated Fat: 9.38g (58.64%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 11.97g (4.35%), Sugar: 9.43g (10.48%), Cholesterol: 139.9mg (46.63%), Sodium: 505.14mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.07g (86.15%), Selenium: 50.93µg (72.76%), Vitamin B6: 1.44mg (71.88%), Vitamin B1: 0.96mg (64.14%), Vitamin B3: 11.46mg (57.32%), Phosphorus: 485.84mg (48.58%), Vitamin K: 43.61µg (41.53%), Vitamin C: 31.18mg (37.8%), Vitamin B2: 0.47mg (27.69%), Zinc: 4.12mg (27.49%), Vitamin A: 1307.98IU (26.16%), Potassium: 880.61mg (25.16%), Magnesium: 75.36mg (18.84%), Fiber: 4.62g (18.49%), Manganese: 0.37mg (18.25%), Vitamin B12: 0.91µg (15.15%), Vitamin B5: 1.43mg (14.28%), Iron: 2.4mg (13.32%), Folate: 53.09µg (13.27%), Copper: 0.25mg (12.52%), Vitamin E: 1.2mg (8.02%), Vitamin D: 1.09µg (7.27%), Calcium: 54.45mg (5.45%)