



Roasted Pork Loin with Brussels Sprouts, Shallots, Garlic

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 2 cups brussels sprouts dry ends trimmed
- ☐ 0.5 cup dijon mustard
- ☐ 8 sprigs thyme leaves fresh
- ☐ 0.3 cup grainy mustard
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 lemon zest juiced (2 lemons total)
- ☐ 4 tablespoons olive oil extra-virgin

- ☐ 1 teaspoon chili flakes red
- ☐ 1 slice cocktail rye bread diced
- ☐ 14 shallots peeled
- ☐ 1 tablespoon sherry vinegar
- ☐ 2 tablespoons butter unsalted softened
- ☐ 12 cloves head separated peeled
- ☐ 1 relatively "even" in thickness from side to the other
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 500 degrees F.
- ☐ In a medium bowl, add the Dijon mustard, grainy mustard, the zest and juice from 1 of the lemons, the fresh thyme and the butter.
- ☐ Whisk together and set aside.
- ☐ Heat a large cast iron skillet over high heat and add 2 tablespoons extra-virgin olive oil to the pan. Season the meat on all sides with salt and pepper, to taste, and gingerly put the pork loin in the hot oil. Brown the pork, without moving it around, for 3 minutes. Use a pair of kitchen tongs or 2 large spoons, to gently, but firmly, rotate the pork a 1/4 turn in the oil. Repeat this process turning the pork every 3 to 4 minutes. The most important thing? Be patient. Get the other vegetables together as the meat browns.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:3.17, Inflammation Score:-8, Nutrition Score:12.042173829092%

Flavonoids

Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 159.32kcal (7.97%), Fat: 11.12g (17.11%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 9.72g (3.53%), Sugar: 4.5g (5%), Cholesterol: 7.53mg (2.51%), Sodium: 300.74mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Manganese: 1.27mg (63.46%), Vitamin K: 46.7µg (44.48%), Vitamin C: 24.89mg (30.17%), Fiber: 4.31g (17.25%), Selenium: 10.25µg (14.65%), Vitamin B6: 0.23mg (11.72%), Vitamin E: 1.63mg (10.84%), Iron: 1.78mg (9.87%), Folate: 35.44µg (8.86%), Potassium: 303.8mg (8.68%), Magnesium: 33.34mg (8.33%), Vitamin B1: 0.12mg (8.17%), Vitamin A: 396.91IU (7.94%), Phosphorus: 76.25mg (7.62%), Calcium: 59.88mg (5.99%), Copper: 0.09mg (4.75%), Vitamin B2: 0.07mg (4.1%), Zinc: 0.53mg (3.55%), Vitamin B3: 0.61mg (3.05%), Vitamin B5: 0.3mg (3.04%)