



WHATSheATE



HEALTH SCORE

65%

Roasted Pork With Smoky Red Pepper Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



108 min.

SERVINGS



6

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 servings pepper black freshly ground



1 bay leaf dried



0.3 cup flat-leaf parsley chopped



3 cloves garlic minced



6 servings kosher salt and pepper black freshly ground



6 servings kosher salt for seasoning, plus 2 tablespoons



3 pound pork tenderloins trimmed



3 tablespoons olive oil

- ☐ 1 small onion diced
- ☐ 1 medium orange bell pepper diced cored seeded
- ☐ 1 medium bell pepper diced red cored seeded
- ☐ 1.3 cups red wine such as syrah or cabernet sauvignon
- ☐ 2.5 tablespoons paprika smoked
- ☐ 15 ounce tomato purée canned
- ☐ 1 medium bell pepper diced yellow cored seeded

Equipment

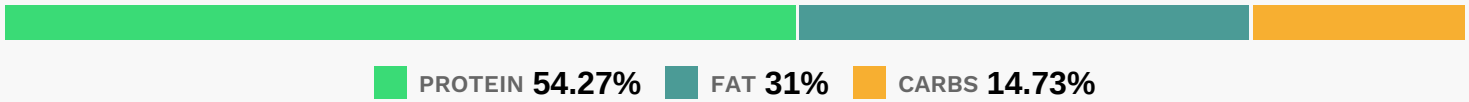
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ dutch oven
- ☐ cutting board
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Pork: Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F.
- ☐ Rub 1 tablespoon of the oil over the pork and season with salt and pepper, to taste. In a large skillet or Dutch oven, heat the remaining 2 tablespoons of oil over high heat.
- ☐ Add the pork and brown it on all sides, about 8 minutes.
- ☐ Transfer the pork to a 13 by 9 by 2-inch glass baking dish and roast it until an instant-read thermometer inserted into the thickest part of the pork registers 165 degrees F, about 25 to 30 minutes. Allow the pork to rest for 10 minutes on a cutting board.
- ☐ Sauce: In the same skillet used for the pork, heat the oil over medium-high heat.

- ☐
- Add the onion, peppers and garlic and season with salt and pepper, to taste. Cook, stirring frequently until softened, about 8 to 10 minutes.
- ☐
- Add the wine and cook for 2 minutes, scraping up the brown bits that cling to the bottom of the pan with a wooden spoon. Stir in the paprika, tomato puree and the bay leaf. Bring the mixture to a boil. Reduce the heat to a simmer and cook until the sauce thickens, about 25 to 30 minutes.
- ☐
- Remove the bay leaf and transfer the mixture to a food processor or blender. Blend until smooth. Season with 2 tablespoons salt and pepper, to taste.
- ☐
- Slice the pork thinly and arrange on a platter. Spoon the sauce on top, garnish with chopped parsley and serve.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:2.46, Inflammation Score:-10, Nutrition Score:42.121304076651%

Flavonoids

Petunidin: 1.66mg, Petunidin: 1.66mg, Petunidin: 1.66mg, Petunidin: 1.66mg Delphinidin: 2.09mg, Delphinidin: 2.09mg, Delphinidin: 2.09mg, Delphinidin: 2.09mg Malvidin: 13.12mg, Malvidin: 13.12mg, Malvidin: 13.12mg, Malvidin: 13.12mg Peonidin: 0.93mg, Peonidin: 0.93mg, Peonidin: 0.93mg, Peonidin: 0.93mg Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 405.52kcal (20.28%), Fat: 12.7g (19.54%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 9.83g (3.57%), Sugar: 5.62g (6.24%), Cholesterol: 147.42mg (49.14%), Sodium: 413.82mg (17.99%), Alcohol: 5.25g (100%), Alcohol %: 1.54% (100%), Protein: 50.03g (100.07%), Vitamin B1: 2.36mg (157.59%), Vitamin C: 98.38mg (119.25%), Vitamin B6: 2.12mg (105.77%), Selenium: 70.85µg (101.21%), Vitamin B3: 16.94mg (84.71%), Vitamin A: 3083.68IU (61.67%), Phosphorus: 614.56mg (61.46%), Vitamin B2: 0.89mg (52.63%), Vitamin K: 53.66µg (51.1%), Potassium: 1344.57mg (38.42%), Zinc: 4.8mg (32.03%), Vitamin E: 3.89mg (25.95%), Iron: 4.29mg (23.86%), Vitamin B5: 2.38mg (23.84%), Magnesium: 90.9mg (22.73%), Copper: 0.4mg (19.91%), Vitamin B12: 1.16µg (19.28%), Manganese: 0.35mg (17.46%), Fiber: 3.74g (14.97%), Folate: 40.17µg (10.04%), Calcium: 57.14mg (5.71%),

Vitamin D: 0.45µg (3.02%)