



Rosemary and Mustard Pork Loin with Baby Artichokes, Shallots, and Vermouth Jus



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 pounds baby artichokes
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 pound pork loin boneless
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 16 garlic clove peeled unpeeled
- ☐ 2 optional: lemon
- ☐ 1 cup chicken broth

- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 10 small shallots peeled
- ☐ 0.7 cup wine dry white dry
- ☐ 3 tablespoons coarse mustard whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ stove
- ☐ mortar and pestle
- ☐ slotted spoon
- ☐ peeler

Directions

- ☐ Grate enough lemon peel (yellow part only) from 1 lemon to measure 2 teaspoons. Grind lemon peel and 6 peeled garlic cloves, rosemary, salt, and pepper in mortar with pestle or in mini processor until paste forms.
- ☐ Add mustard; mix until blended.
- ☐ Cut peeled lemon in half. Fill large saucepan 2/3 full of water. Squeeze 1 lemon half into water; add squeezed lemon half to saucepan.
- ☐ Sprinkle water with salt and bring to boil.
- ☐ Meanwhile, working with 1 artichoke at a time, cut off top 1/3 of artichoke. Break off dark outer leaves until only pale green leaves remain. Using vegetable peeler, trim stem and any uneven parts around heart. Rub cut edges with second peeled lemon half.

- ☐ Place in saucepan of boiling salted water with lemon. Cook until artichokes are tender when pierced with knife, about 8 minutes.
- ☐ Drain; pat dry. DO AHEAD: Mustard paste and artichokes can be made 1 day ahead. Cover separately and chill.
- ☐ Coat 13 x 9 x 2-inch roasting pan with nonstick spray.
- ☐ Place pork, fat side up, in pan. Rub mustard paste over top and sides of pork.
- ☐ Let marinate at room temperature 30 minutes.
- ☐ Place artichokes, 10 unpeeled garlic cloves, shallots, and oil in medium bowl.
- ☐ Sprinkle with salt and pepper; toss to coat and set aside.
- ☐ Preheat oven to 450°F. Roast pork until crust begins to brown, about 20 minutes. Reduce heat to 350°F. Arrange artichoke mixture around pork. Roast until instant-read thermometer inserted into center of roast registers 145°F and vegetables are tender, about 45 minutes.
- ☐ Transfer pork to work surface; tent with foil to keep warm and let rest 15 minutes.
- ☐ Using slotted spoon, transfer vegetables to medium bowl; cover to keep warm.
- ☐ Place roasting pan directly on stovetop over medium-high heat.
- ☐ Add vermouth and bring to simmer, scraping up any browned bits with wooden spoon. Simmer until reduced to 1/4 cup, about 3 minutes.
- ☐ Add chicken broth; simmer until reduced to scant 1/2 cup jus, about 3 minutes. Season with salt and pepper.
- ☐ Cut pork into 3/4-inch-thick slices; arrange on platter. Spoon vegetables around pork.
- ☐ Serve, passing jus alongside.
- ☐ Per serving: 435.2 kcal calories,
- ☐ 9 % calories from fat, 18.3 g fat,
- ☐ 6 g saturated fat,
- ☐ 9 mg cholesterol,
- ☐ 5 g carbohydrates,
- ☐ 0 g total sugars,
- ☐ 7 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts

PROTEIN 48.73% FAT 27.26% CARBS 24.01%

Properties

Glycemic Index:27.42, Glycemic Load:3.19, Inflammation Score:-8, Nutrition Score:31.743478267089%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.15mg, Hesperetin: 10.15mg, Hesperetin: 10.15mg, Hesperetin: 10.15mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 485.58kcal (24.28%), Fat: 14.58g (22.43%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 18.83g (6.85%), Sugar: 7.06g (7.84%), Cholesterol: 142.88mg (47.63%), Sodium: 573.22mg (24.92%), Alcohol: 2.75g (100%), Alcohol %: 0.66% (100%), Protein: 58.64g (117.28%), Vitamin B6: 2.01mg (100.41%), Selenium: 67.19µg (95.98%), Vitamin B1: 1.08mg (71.73%), Vitamin B3: 13.82mg (69.1%), Phosphorus: 578.47mg (57.85%), Fiber: 10.07g (40.26%), Vitamin C: 27.66mg (33.52%), Potassium: 1137.68mg (32.51%), Zinc: 4.49mg (29.92%), Vitamin B2: 0.47mg (27.65%), Iron: 4.53mg (25.19%), Vitamin A: 1207.71IU (24.15%), Magnesium: 79.85mg (19.96%), Vitamin B12: 1.2µg (19.93%), Vitamin B5: 1.97mg (19.66%), Manganese: 0.37mg (18.48%), Copper: 0.24mg (11.77%), Calcium: 107.56mg (10.76%), Vitamin E: 1.07mg (7.15%), Vitamin D: 0.91µg (6.05%), Folate: 19.55µg (4.89%), Vitamin K: 3.77µg (3.59%)