



 **100%**
HEALTH SCORE

Sausage Deconstructed: Pork and Fennel One-Pot

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



3431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken stock see
- 1 loaf ciabatta bread toasted for serving cut into chunks and ,
- 1 large fennel bulb trimmed thinly sliced chopped for garnish
- 1 teaspoon fennel pollen
- 0.3 cup flour all-purpose
- 0.3 cup flat-leaf parsley fresh chopped
- 2 tablespoons thyme leaves fresh chopped

- 3 to 4 garlic cloves grated finely chopped
- 1 teaspoon lemon zest
- 4 tablespoons olive oil extra-virgin
- 1 onion thinly sliced
- 4 pork loin chops boneless 1-inch-thick sliced into 1/4-inch-thick strips ()
- 1 teaspoon pepper flakes red crushed
- 1 cup red wine dry white
- 4 servings salt and pepper black freshly ground
- 3 tablespoons tomato paste

Equipment

- bowl
- frying pan

Directions

- Season the pork with salt and pepper, to taste, the fennel seed, and the red pepper flakes. Dredge the pork in the flour.
- Heat a large skillet with 3 tablespoons of the extra-virgin olive oil, over medium-low heat. When the oil ripples, add the pork and brown it for 5 to 6 minutes, turning once.
- Remove the pork to a plate.
- Add the remaining tablespoon of extra-virgin olive oil, then add the sliced fennel, onions, garlic, and thyme. Season with salt and pepper, to taste, and cook until softened, 8 to 10 minutes.
- Add the tomato paste and cook for 1 to 2 minutes more, then stir in the wine and scrape up the drippings. Stir in the citrus zest, juice, stock, and parsley. Reduce the heat, and simmer for 5 minutes, then add the pork and simmer for 3 to 4 minutes more. Turn off the heat and sprinkle with the chopped fennel fronds.
- Serve the pork and sauce in shallow bowls with crusty ciabatta for mopping.

Nutrition Facts



■ PROTEIN 61.94% ■ FAT 28.99% ■ CARBS 9.07%

Properties

Glycemic Index:86.5, Glycemic Load:7.44, Inflammation Score:-10, Nutrition Score:71.809565170952%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 3430.66kcal (171.53%), Fat: 105.15g (161.77%), Saturated Fat: 30.09g (188.09%), Carbohydrates: 74.01g (24.67%), Net Carbohydrates: 68.67g (24.97%), Sugar: 6.38g (7.09%), Cholesterol: 1384.65mg (461.55%), Sodium: 1853.24mg (80.58%), Alcohol: 6.36g (100%), Alcohol %: 0.32% (100%), Protein: 505.54g (1011.09%), Selenium: 613.72µg (876.74%), Vitamin B6: 16.79mg (839.4%), Vitamin B1: 9.85mg (656.4%), Vitamin B3: 128.64mg (643.21%), Phosphorus: 5037.85mg (503.79%), Zinc: 40.14mg (267.63%), Potassium: 8832.48mg (252.36%), Vitamin B2: 4.29mg (252.07%), Vitamin B12: 11.19µg (186.57%), Vitamin B5: 16.64mg (166.42%), Magnesium: 610.71mg (152.68%), Manganese: 2.52mg (125.98%), Vitamin K: 109.26µg (104.06%), Iron: 14.61mg (81.18%), Copper: 1.46mg (73%), Vitamin D: 8.78µg (58.53%), Vitamin E: 5.98mg (39.84%), Vitamin C: 23.85mg (28.91%), Fiber: 5.33g (21.33%), Calcium: 189.14mg (18.91%), Vitamin A: 897.05IU (17.94%), Folate: 47.92µg (11.98%)