



 **74%**
HEALTH SCORE

Skillet Pork and Peppers

 **Gluten Free**  **Very Healthy**

READY IN



42 min.

SERVINGS



4

CALORIES



860 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 and/or bell peppers red yellow sliced into wide strips
- 0.3 cup cooking wine dry white
- 16 sage leaves fresh
- 6 cloves garlic smashed
- 4 servings kosher salt
- 5.5 pounds pork tenderloin trimmed
- 0.7 cup chicken broth low-sodium
- 3 tablespoons olive oil extra-virgin

- 1 small onion sliced
- 0.3 cup parmesan cheese grated
- 0.3 cup pickled pepperoncini sliced
- 2 tablespoons tomato paste

Equipment

- frying pan
- oven
- broiler

Directions

- Preheat the broiler. Slice the pork on an angle into 1-inch-thick pieces; season with salt.
- Heat a large ovenproof skillet over medium-high heat; add 1 tablespoon olive oil.
- Add the onion and bell peppers; season with 1/2 teaspoon salt and cook until the vegetables are crisp-tender and slightly browned, 4 to 6 minutes.
- Transfer to a plate.
- Add the remaining 2 tablespoons oil to the skillet.
- Add the pork and sear over high heat until browned, 2 to 4 minutes per side.
- Transfer the pork to the plate with the onion and peppers.
- Reduce the heat to medium and add the garlic, sage and tomato paste to the skillet. Cook, stirring, until the tomato paste turns brick-red, about 1 minute.
- Add the pepperoncini slices and their liquid, then pour in the wine and bring to a boil.
- Add the broth and return to a simmer. Arrange the pork in a single layer in the skillet; add the onion and peppers and sprinkle with cheese.
- Transfer to the oven and broil until the pork is cooked through, 4 to 7 minutes.
- Photography by Antonis Achilleos

Nutrition Facts

PROTEIN 65.93% **FAT 28.89%** **CARBS 5.18%**

Properties

Glycemic Index:29.25, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:52.345652082692%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 860.31kcal (43.02%), Fat: 26.27g (40.41%), Saturated Fat: 6.89g (43.05%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 9.08g (3.3%), Sugar: 2.16g (2.4%), Cholesterol: 410.84mg (136.95%), Sodium: 713.6mg (31.03%), Alcohol: 2.06g (100%), Alcohol %: 0.33% (100%), Protein: 134.87g (269.74%), Vitamin B1: 6.27mg (418.16%), Selenium: 195.66µg (279.51%), Vitamin B6: 5.09mg (254.34%), Vitamin B3: 43.18mg (215.88%), Phosphorus: 1630.96mg (163.1%), Vitamin C: 120.04mg (145.51%), Vitamin B2: 2.21mg (130.03%), Zinc: 12.38mg (82.52%), Potassium: 2819.58mg (80.56%), Copper: 1.2mg (59.86%), Vitamin B12: 3.3µg (55.08%), Vitamin B5: 5.49mg (54.86%), Magnesium: 187.95mg (46.99%), Iron: 7.02mg (38.98%), Vitamin E: 3.32mg (22.14%), Manganese: 0.34mg (16.91%), Calcium: 113.78mg (11.38%), Vitamin D: 1.28µg (8.52%), Vitamin K: 8.3µg (7.91%), Vitamin A: 322.17IU (6.44%), Fiber: 1.53g (6.12%), Folate: 22.71µg (5.68%)