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HEALTH SCORE

Slow-Cooker Parmesan-Sage Pork Loin and Watercress Salad with Sliced Pears, Goat Cheese and Toasted Pine Nuts

☒ Gluten Free ☒ Very Healthy

READY IN

ready

380 min.

SERVINGS

servings

4

CALORIES

calories

855 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 2 tablespoons sage dried
- ☐ 1 tablespoon garlic and herb seasoning salt-free
- ☐ 4 ounces goat cheese crumbled
- ☐ 1.5 cups chicken broth reduced-sodium

- ☐ 4 servings olive oil
- ☐ 1 cup onion chopped
- ☐ 0.3 cup parmesan freshly grated
- ☐ 2 pears cored ripe thinly sliced
- ☐ 2 tablespoons pinenuts
- ☐ 2 pound pork loin
- ☐ 2 pounds potatoes diced red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup cooking sherry
- ☐ 4 servings sherry vinegar
- ☐ 4 cups watercress leaves

Equipment

- ☐ frying pan

Directions

- ☐ Place potatoes, onion, celery, and carrots in bottom of slow-cooker.
- ☐ Pour in chicken broth and sherry. Season pork all over with salt and black pepper, sage and garlic and herb seasoning.
- ☐ Place pork on top of vegetables and top with Parmesan, pressing the cheese into the meat. Cover and cook on low for 6 to 8 hours or high for 3 to 4 hours.
- ☐ Toast the pine nuts in a small skillet over medium heat until golden brown, about 2 to 3 minutes. Arrange watercress on salad plates. Top with pear slices, goat cheese and toasted pine nuts.
- ☐ Drizzle with olive oil and sherry vinegar. Slice pork crosswise into 1/2-inch thick slices.
- ☐ Serve 1/2 of the pork with this meal and reserve second half for another recipe.
- ☐ Serve all of the vegetables from slow-cooker and the brothy sauce with pork.

Nutrition Facts



Properties

Glycemic Index:62.15, Glycemic Load:6.18, Inflammation Score:-10, Nutrition Score:52.543912887573%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 8.23mg, Kaempferol: 8.23mg, Kaempferol: 8.23mg, Kaempferol: 8.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 20.72mg, Quercetin: 20.72mg, Quercetin: 20.72mg, Quercetin: 20.72mg

Nutrients (% of daily need)

Calories: 855.12kcal (42.76%), Fat: 36.52g (56.18%), Saturated Fat: 11.1g (69.4%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 51.83g (18.85%), Sugar: 16.12g (17.92%), Cholesterol: 163.3mg (54.43%), Sodium: 459.7mg (19.99%), Alcohol: 3.09g (100%), Alcohol %: 0.46% (100%), Protein: 67.28g (134.57%), Vitamin A: 6985.82IU (139.72%), Vitamin K: 136.44µg (129.95%), Vitamin B6: 2.41mg (120.53%), Selenium: 66.99µg (95.7%), Vitamin B3: 17.95mg (89.75%), Phosphorus: 886.7mg (88.67%), Vitamin B1: 1.32mg (88.28%), Potassium: 2476.53mg (70.76%), Manganese: 1.14mg (56.79%), Vitamin C: 43.97mg (53.3%), Vitamin B2: 0.78mg (45.68%), Copper: 0.9mg (45.23%), Zinc: 6.06mg (40.43%), Magnesium: 161.22mg (40.31%), Fiber: 9.38g (37.51%), Vitamin B5: 2.92mg (29.22%), Iron: 4.86mg (27.02%), Calcium: 250.82mg (25.08%), Vitamin E: 3.67mg (24.5%), Vitamin B12: 1.37µg (22.9%), Folate: 81.48µg (20.37%), Vitamin D: 1.05µg (7.01%)