



Thai Pork Loin

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken stock see
- 1 cup cooking wine dry white
- 1 tablespoon olive oil extra virgin
- 3 tablespoons cilantro leaves fresh chopped
- 1 pound pork loin thinly sliced
- 4 servings salt and pepper to taste
- 1 tablespoon butter unsalted

Equipment

frying pan

Directions

Season meat with salt and pepper to taste.

In a large skillet, heat butter and olive oil over medium heat. When skillet is hot, place sliced pork loin into skillet; cook until browned, turning once. After both sides have browned nicely, add chicken stock ,and cook until liquid thickens.

Stir in dry white wine, scraping the bottom of the pan. Reduce heat, and simmer until liquid is reduced by half.

Remove from heat, and allow to cool slightly. Stir in cilantro. Spoon sauce over pork when serving.

Nutrition Facts


■ PROTEIN **47.4%** ■ FAT **46.11%** ■ CARBS **6.49%**

Properties

Glycemic Index:11.75, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:13.006521707563%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 276.59kcal (13.83%), Fat: 11.66g (17.95%), Saturated Fat: 3.89g (24.3%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 3.68g (1.34%), Sugar: 1.53g (1.7%), Cholesterol: 80.77mg (26.92%), Sodium: 338.75mg (14.73%), Alcohol: 6.18g (100%), Alcohol %: 3.25% (100%), Protein: 26.98g (53.96%), Selenium: 32.83µg (46.9%), Vitamin B6: 0.92mg (46.17%), Vitamin B3: 7.53mg (37.66%), Vitamin B1: 0.53mg (35.12%), Phosphorus: 283.13mg (28.31%), Vitamin B2: 0.27mg (16.1%), Potassium: 532.19mg (15.21%), Zinc: 2.2mg (14.68%), Vitamin B12: 0.58µg (9.74%), Magnesium: 38.04mg (9.51%), Vitamin B5: 0.88mg (8.77%), Iron: 0.93mg (5.15%), Copper: 0.1mg (5.1%), Vitamin E: 0.76mg (5.05%), Manganese: 0.08mg (4%), Vitamin K: 3.64µg (3.47%), Vitamin D: 0.51µg (3.37%), Vitamin A: 109.51IU (2.19%), Calcium: 14.07mg (1.41%)