



Ziti with Pork and Escarole in Creamy Thyme Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup chicken broth low-sodium homemade canned
- 3 tablespoons cooking oil
- 2 teaspoons dijon mustard
- 0.5 teaspoon thyme leaves dried
- 4 cups endive
- 0.5 teaspoon fresh-ground pepper black
- 0.5 cup heavy cream
- 1 pound pork tenderloin

- 0.8 teaspoon salt
- 1 shallots green chopped
- 0.5 pound ziti

Equipment

- frying pan
- whisk
- pot

Directions

- Cut the pork into 1/2-inch slices and flatten them with the heel of your hand.
- Sprinkle the pork with 1/4 teaspoon each of the salt and pepper. In a large frying pan, heat 2 tablespoons of the oil over moderate heat. Cook the pork, in two batches if necessary, until just barely done, about 1 minute per side.
- Remove the pork from the pan, let it sit for 5 minutes, and then cut into thin strips.
- In the same pan, heat the remaining 1 tablespoon of the oil over moderate heat.
- Add the escarole, shallot, 1/4 teaspoon of the salt, and the remaining 1/4 teaspoon pepper and cook, stirring until the escarole wilts, about 1 minute.
- Add the broth and the thyme and simmer until the broth is reduced to 1/4 cup, about 3 minutes.
- Whisk in the mustard, cream, and the remaining 1/4 teaspoon salt; bring just to a simmer.
- Add the pork and any accumulated juices to the sauce, and remove from the heat.
- In a large pot of boiling, salted water, cook the ziti until just done, about 13 minutes.
- Drain and toss with the sauce.
- Wine Recommendation: A dry riesling from the Alsace region in France makes a perfect partner for pork and stands up well to the mustard here.

Nutrition Facts



PROTEIN 23.8% **FAT 42.75%** **CARBS 33.45%**

Properties

Glycemic Index:45.25, Glycemic Load:17.37, Inflammation Score:-8, Nutrition Score:31.258695913398%

Flavonoids

Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg

Nutrients (% of daily need)

Calories: 560.62kcal (28.03%), Fat: 26.48g (40.74%), Saturated Fat: 9.2g (57.52%), Carbohydrates: 46.63g (15.54%), Net Carbohydrates: 42.85g (15.58%), Sugar: 3.08g (3.42%), Cholesterol: 107.33mg (35.78%), Sodium: 554.65mg (24.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.17g (66.34%), Vitamin K: 126.64µg (120.6%), Selenium: 72.13µg (103.04%), Vitamin B1: 1.22mg (81.33%), Vitamin B6: 1mg (49.8%), Vitamin B3: 9.12mg (45.59%), Phosphorus: 429.92mg (42.99%), Manganese: 0.82mg (40.88%), Vitamin B2: 0.52mg (30.72%), Vitamin A: 1531.24IU (30.62%), Potassium: 811.78mg (23.19%), Zinc: 3.47mg (23.12%), Folate: 85.08µg (21.27%), Magnesium: 73.77mg (18.44%), Vitamin E: 2.67mg (17.77%), Vitamin B5: 1.75mg (17.48%), Copper: 0.34mg (17.23%), Fiber: 3.78g (15.13%), Iron: 2.64mg (14.67%), Vitamin B12: 0.67µg (11.11%), Calcium: 73.15mg (7.32%), Vitamin D: 0.82µg (5.44%), Vitamin C: 4mg (4.85%)