

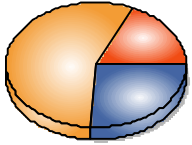


Spanish Pork Loin with Garbanzo Gremolata

By: Created by DrJez LLC

Recipe grams: 1886.80g/66.6oz

Serves 2 943.40g/33.3oz per serving



Protein: 28%
Carbohydrates: 55%
Fat: 17%

INGREDIENTS

2 medium CARROT, RAW
1 medium ONION, BOILED, NO SALT
2 cloves GARLIC, RAW
14 oz TOMATO, CANNED, STEWED, NO ADDED SALT
1 cup BROTH, CHICKEN, LESS SALT
1 pepper ANCHO PEPPER, DRIED
1 tbsp CHILI POWDER
1 tbsp PAPRIKA
1 tsp CORIANDER SEED
15 oz CHICKPEAS (GARBANZOS)
1 oz PROSCIUTTO
10 grams PARSLEY, RAW
1 tbsp ORANGE PEEL, RAW
1 onion ONION, SWEET, RAW
6 oz PORK TOP LOIN, RAW, SLO
2 tbsp TOMATO PASTE, CANNED, NO SALT
1 tsp CUMIN, GROUND
1 tsp CORNSTARCH

DIRECTIONS

Preheat Oven to 350°F.

In an oven proof wide pot, spray with olive oil cooking spray and brown loin chops gently on both sides. REMOVE from pan.

Add chopped prosciutto, onion, carrots, garlic and thyme to pot heating gently until vegetables soften. Add chopped tomatoes, broth, chopped chiles, tomato paste, chili powder, paprika, cumin and coriander. Bring to boil, deglazing bottom of pan and incorporating juices.

Return pork loin to pan, arranging over vegetables. Cover and braise in oven for 30-40 minutes.

While braising, heat beans in pot with garlic, prosciutto, parsley and orange peel.

Remove pot from oven and drain cooking liquid into a small pot. Add 1-2 tsp cornstarch and bring to a gentle boil over medium heat until sauce thickens.

Serve 1/2 of beans on plate. Lay a bed of vegetables and place loin on top. Sprinkle with parsley and chopped green onions for garnish. Serve with green salad.

Nutrition Facts

Serving Size: 1 serving (943.4g)
Servings: 1

Amount Per Serving

Calories 550 Calories from Fat 100

% Daily Value*

Total Fat 11g **15%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 1320mg **50%**

Total Carbohydrate 79g **25%**

Dietary Fiber 19g **80%**

Sugars 28g

Protein 40g

Vitamin A 310% • Vitamin C 80%

Calcium 25% • Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.