



Almond-Crusted Pork Tenderloin With Dried Cranberry-Apple Conserve

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons almonds sliced finely chopped
- 8 servings cranberry-apple conserve dried
- 2 cups breadcrumbs fresh
- 1 tablespoon rosemary dried
- 2 large egg whites lightly beaten
- 1 teaspoon coarsely ground pepper
- 2 pound pork tenderloins

0.5 teaspoon salt

Equipment

oven

kitchen thermometer

aluminum foil

broiler pan

Directions

Preheat oven to 425

Trim fat from pork.

Combine breadcrumbs and next 4 ingredients (breadcrumbs through salt) in a shallow dish. Dip pork in egg whites; dredge in breadcrumb mixture.

Place pork on a broiler pan coated with cooking spray.

Bake pork at 425 for 30 minutes or until meat thermometer registers 160

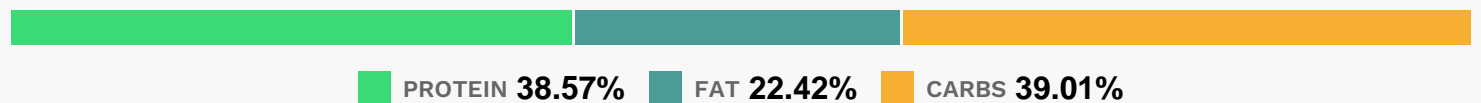
Cover with foil, and let stand 10 minutes.

Cut into 1/4-inch-thick slices.

Serve with Dried Cranberry-Apple Conserve.

Garnish with a rosemary sprig, if desired.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.38, Inflammation Score:-4, Nutrition Score:21.153912932976%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,
Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol:
0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg,
Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin:
0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg
Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 302.69kcal (15.13%), Fat: 7.47g (11.49%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 29.25g (9.75%), Net
Carbohydrates: 25.9g (9.42%), Sugar: 8.4g (9.33%), Cholesterol: 73.71mg (24.57%), Sodium: 416.48mg (18.11%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.92g (57.83%), Vitamin B1: 1.39mg (92.99%), Selenium:
42.99µg (61.42%), Vitamin B3: 9.49mg (47.47%), Vitamin B6: 0.94mg (46.82%), Phosphorus: 346.83mg (34.68%),
Vitamin B2: 0.59mg (34.57%), Manganese: 0.41mg (20.47%), Zinc: 2.67mg (17.79%), Potassium: 612.12mg (17.49%),
Iron: 2.72mg (15.13%), Magnesium: 57.37mg (14.34%), Fiber: 3.35g (13.41%), Vitamin B5: 1.17mg (11.73%), Copper:
0.23mg (11.6%), Vitamin B12: 0.69µg (11.53%), Vitamin E: 1.35mg (8.97%), Folate: 33.56µg (8.39%), Calcium: 75.03mg
(7.5%), Vitamin C: 3.03mg (3.67%), Vitamin K: 3.57µg (3.4%), Vitamin D: 0.34µg (2.27%)