



Apple Brandy-Glazed Pork Tenderloin

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups unfiltered apple cider
- 0.5 teaspoon pepper black divided freshly ground
- 0.5 cup brandy
- 2 tablespoons butter
- 2 teaspoons dijon mustard
- 0.5 teaspoon kosher salt divided
- 1.5 pound pork tenderloins trimmed
- 1 large shallots sliced

3 thyme sprigs

Equipment

sauce pan

oven

roasting pan

kitchen thermometer

Directions

Combine first 4 ingredients in a saucepan; bring to a boil. Cook until reduced to 1/2 cup (about 32 minutes).

Remove from heat; discard thyme and shallot. Stir in butter, mustard, 1/8 teaspoon salt, and 1/4 teaspoon pepper.

Preheat oven to 47

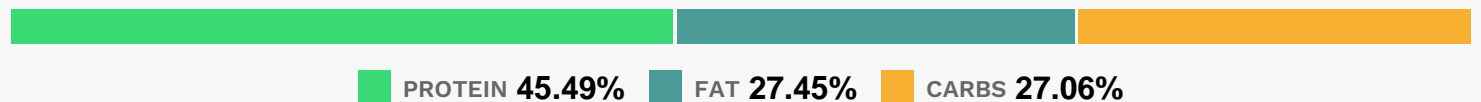
Sprinkle pork evenly with remaining 3/8 teaspoon salt and remaining 1/4 teaspoon pepper. Lightly coat with cooking spray.

Place pork in a roasting pan; bake at 475 for 9 minutes. Turn pork over; brush evenly with 2 tablespoons cider mixture.

Bake an additional 8 minutes or until thermometer inserted in the thickest portion of pork registers 14

Let pork stand for 10 minutes. Slice pork, and serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:40.79, Glycemic Load:5.56, Inflammation Score:-6, Nutrition Score:15.930434883937%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin:

0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:
0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 262.48kcal (13.12%), Fat: 6.47g (9.96%), Saturated Fat: 3.23g (20.16%), Carbohydrates: 14.35g (4.78%),
Net Carbohydrates: 13.8g (5.02%), Sugar: 11.71g (13.01%), Cholesterol: 83.74mg (27.91%), Sodium: 307.73mg
(13.38%), Alcohol: 6.68g (100%), Alcohol %: 3.22% (100%), Protein: 24.13g (48.27%), Vitamin B1: 1.16mg (77.6%),
Selenium: 35.72µg (51.02%), Vitamin B6: 0.92mg (46.02%), Vitamin B3: 7.7mg (38.49%), Phosphorus: 295.37mg
(29.54%), Vitamin B2: 0.41mg (24.4%), Potassium: 594.88mg (17%), Zinc: 2.22mg (14.79%), Vitamin B5: 1.04mg
(10.44%), Magnesium: 39.38mg (9.84%), Vitamin B12: 0.59µg (9.77%), Iron: 1.44mg (8.02%), Manganese: 0.16mg
(7.87%), Copper: 0.13mg (6.52%), Vitamin A: 143.82IU (2.88%), Vitamin C: 2.2mg (2.67%), Vitamin E: 0.38mg
(2.53%), Fiber: 0.55g (2.21%), Calcium: 21.7mg (2.17%), Vitamin D: 0.23µg (1.51%)