



Apple Cider-Glazed Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups apple cider
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons rosemary dried crushed
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 6 garlic cloves minced
- ☐ 3 pound pork tenderloins trimmed

- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon orange rind grated
- ☐ 0.5 teaspoon salt

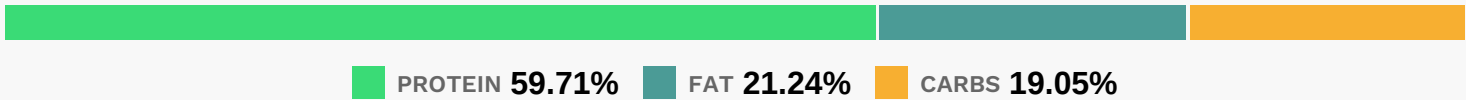
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Combine the first 7 ingredients; rub evenly over pork.
- ☐ Place pork in a dish; cover and chill 1 hour.
- ☐ Combine cider, cloves, and bay leaves in a large skillet; bring to a boil over medium–high heat. Cook until reduced to 1 1/2 cups (about 10 minutes).
- ☐ Add broth; bring to a boil.
- ☐ Add pork; cover and simmer 20 minutes or until done.
- ☐ Remove pork from pan. Bring cooking liquid to a boil. Cook until reduced to 3/4 cup (about 8 minutes). Strain cooking liquid through a fine sieve into a bowl; discard solids. Spoon liquid over pork.
- ☐ Cut pork into thin slices.

Nutrition Facts



Properties

Glycemic Index:15.65, Glycemic Load:2.88, Inflammation Score:-2, Nutrition Score:15.419130404358%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 166.26kcal (8.31%), Fat: 3.8g (5.85%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 7.3g (2.65%), Sugar: 5.73g (6.37%), Cholesterol: 73.71mg (24.57%), Sodium: 237.27mg (10.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.05g (48.11%), Vitamin B1: 1.15mg (76.73%), Selenium: 35.64µg (50.92%), Vitamin B6: 0.92mg (46.05%), Vitamin B3: 7.75mg (38.76%), Phosphorus: 289.22mg (28.92%), Vitamin B2: 0.41mg (23.86%), Potassium: 531.08mg (15.17%), Zinc: 2.19mg (14.61%), Vitamin B12: 0.62µg (10.27%), Vitamin B5: 1.02mg (10.24%), Magnesium: 35.32mg (8.83%), Iron: 1.36mg (7.54%), Copper: 0.12mg (6.08%), Manganese: 0.1mg (5.12%), Vitamin E: 0.43mg (2.85%), Vitamin C: 1.92mg (2.33%), Calcium: 19.42mg (1.94%), Vitamin D: 0.23µg (1.51%), Fiber: 0.37g (1.48%)