



Apple Glazed Pork Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple jelly
- 2 tablespoons balsamic vinegar
- 2 teaspoons parsley fresh chopped
- 1 gala apple cut into chunks
- 4 servings pepper black to taste
- 1 tablespoon olive oil
- 1.3 pound pork tenderloin
- 0.5 onion diced sweet

0.5 cup cooking wine

Equipment

bowl

frying pan

oven

baking pan

kitchen thermometer

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a baking dish large enough to hold the tenderloin without folding it.
- Heat the olive oil in a large skillet over medium-high heat, and brown the pork tenderloin on all sides.
- Remove the browned tenderloin to the prepared baking dish.
- Sprinkle all sides of the meat with salt, pepper, and parsley.
- Cook and stir the onion and apple in the same skillet over medium heat until the onion becomes soft, about 5 minutes, and pour in the Riesling wine. Scrape all the browned flavor bits off the bottom of the skillet and stir to help dissolve them into the wine. Bring to a boil, and pour the onion, apple, and wine mixture over the tenderloin.
- Mix together the apple jelly and balsamic vinegar in a bowl until the mixture is smooth and without lumps.
- Spread the jelly mixture all over the pork.
- Bake loin in the preheated oven until an instant-read thermometer inserted into the center reads 145 degrees F (63 degrees C), 30 to 45 minutes. Allow the tenderloin to rest for 10 minutes before slicing, and serve each slice with a spoonful of the apple-onion mixture.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:34.17, Inflammation Score:-5, Nutrition Score:21.633043429126%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 506.45kcal (25.32%), Fat: 8.68g (13.35%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 70.21g (23.4%), Net Carbohydrates: 67.79g (24.65%), Sugar: 49.47g (54.96%), Cholesterol: 92.14mg (30.71%), Sodium: 108.13mg (4.7%), Alcohol: 3.12g (100%), Alcohol %: 1.11% (100%), Protein: 30.11g (60.21%), Vitamin B1: 1.43mg (95.46%), Selenium: 44.92µg (64.17%), Vitamin B6: 1.19mg (59.52%), Vitamin B3: 9.55mg (47.74%), Phosphorus: 384.48mg (38.45%), Vitamin B2: 0.57mg (33.5%), Potassium: 760.74mg (21.74%), Zinc: 2.82mg (18.81%), Vitamin C: 11.63mg (14.09%), Magnesium: 52.13mg (13.03%), Vitamin B5: 1.28mg (12.84%), Copper: 0.25mg (12.61%), Vitamin B12: 0.74µg (12.28%), Iron: 2.15mg (11.97%), Fiber: 2.43g (9.71%), Manganese: 0.16mg (8.09%), Vitamin E: 1.01mg (6.73%), Folate: 20.62µg (5.16%), Calcium: 41.62mg (4.16%), Vitamin K: 4.22µg (4.02%), Vitamin D: 0.43µg (2.83%)