



Apple Molasses Roasted Pork Tenderloin with Sweet Potatoes, Apples and Walnuts

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 2 tablespoon apple juice concentrate
- ☐ 1.5 teaspoon coarsely ground pepper black
- ☐ 0.3 cup honey
- ☐ 2 tablespoon blackstrap molasses
- ☐ 1.5 pound pork tenderloin boneless
- ☐ 1 teaspoon salt

- ☐ 3 cup sweet potatoes and into peeled cut into 1-inch cubes
- ☐ 1 tablespoon thyme leaves minced
- ☐ 0.3 cup walnut oil
- ☐ 0.3 cup walnut pieces chopped

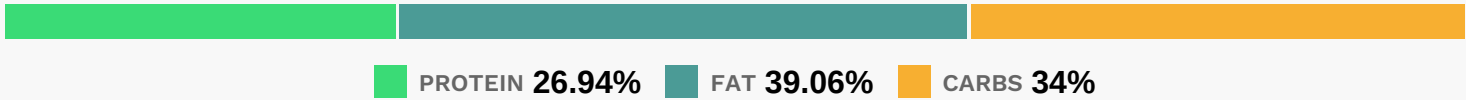
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Combine the walnut oil, apple juice concentrate, honey black pepper, salt, molasses, apple cider vinegar, into a large zip lock bag.
- ☐ Add the pork the tenderloin to the bag and seal it tightly, pushing out as much air as possible.
- ☐ Let this marinate in the refrigerator at least 8 hours, and up to 3 days.Preheat the oven to 400 degrees F.
- ☐ Place the tenderloin onto the bottom of a large shallow sided baking dish.
- ☐ Spread the sweet potatoes all around the meat, then pour most of the marinade into the baking dish, until the liquid covers the sweet potatoes about ½-inch.
- ☐ Put the meat and potatoes into the oven and roast 10 minutes. At this time open the oven and baste the meat and potatoes with the pan liquid, then add the apple slices and chopped walnut pieces.
- ☐ Sprinkle the minced thyme over everything and and roast another 20–30 minutes, until an instant read thermometer reads 135 degrees. remove the meat from the oven and move it to a cutting board to rest about 7 minutes. Slice and serve with the potatoes and apples.

Nutrition Facts



Properties

Glycemic Index:66.4, Glycemic Load:18.42, Inflammation Score:-10, Nutrition Score:28.471739395805%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 451.96kcal (22.6%), Fat: 19.62g (30.18%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 38.43g (12.81%), Net Carbohydrates: 35.25g (12.82%), Sugar: 24.06g (26.73%), Cholesterol: 88.45mg (29.48%), Sodium: 585.18mg (25.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.44g (60.88%), Vitamin A: 11394.97IU (227.9%), Vitamin B1: 1.42mg (94.96%), Vitamin B6: 1.3mg (65.23%), Selenium: 43.62µg (62.31%), Vitamin B3: 9.64mg (48.18%), Phosphorus: 396.34mg (39.63%), Manganese: 0.73mg (36.32%), Vitamin B2: 0.53mg (31.25%), Potassium: 995.23mg (28.44%), Magnesium: 90.41mg (22.6%), Zinc: 3.07mg (20.46%), Copper: 0.4mg (19.92%), Vitamin B5: 1.9mg (19.04%), Iron: 2.79mg (15.48%), Fiber: 3.18g (12.72%), Vitamin B12: 0.71µg (11.79%), Calcium: 66.02mg (6.6%), Vitamin C: 4.37mg (5.3%), Vitamin K: 4.21µg (4.01%), Vitamin E: 0.6mg (3.99%), Folate: 15.58µg (3.9%), Vitamin D: 0.41µg (2.72%)