



Apricot-Glazed Pork Tenderloin with Couscous

 Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.3 cup apricot preserves
- ☐ 0.5 cup apricots dried diced
- ☐ 10 oz couscous with far east)
- ☐ 2 tablespoons dijon honey mustard
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 1.3 lb pork tenderloin
- ☐ 0.3 teaspoon salt

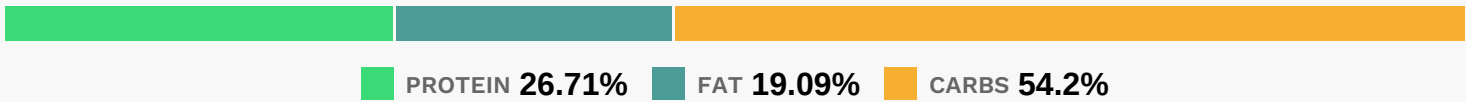
Equipment

- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Brush pork with olive oil; season with salt and pepper.
- ☐ Place on an aluminum foil-lined broiler pan.
- ☐ Broil 5 1/2" from heat 8 minutes or until browned, turning once.
- ☐ Combine apricot preserves and honey mustard; spread over pork. Continue to broil 10 more minutes, turning once, or until meat thermometer inserted in center of meat registers 15
- ☐ Cover pork with aluminum foil, and let stand 5 minutes.
- ☐ Meanwhile, prepare couscous according to package directions. Fluff couscous; stir in apricots and almonds. Slice pork, and serve with couscous.

Nutrition Facts



Properties

Glycemic Index:35.1, Glycemic Load:36.45, Inflammation Score:-6, Nutrition Score:27.869130487027%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 614.1kcal (30.71%), Fat: 12.91g (19.86%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 82.48g (27.49%), Net Carbohydrates: 76.7g (27.89%), Sugar: 19.07g (21.19%), Cholesterol: 92.14mg (30.71%), Sodium: 273.32mg (11.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.64g (81.28%), Vitamin B1: 1.53mg (101.72%), Selenium: 44.02µg (62.89%), Vitamin B3: 12.55mg (62.75%), Vitamin B6: 1.2mg (60.02%), Phosphorus: 514.14mg (51.41%), Manganese: 0.81mg (40.51%), Vitamin B2: 0.64mg (37.47%), Potassium: 936.32mg (26.75%), Magnesium: 96.36mg (24.09%), Zinc: 3.56mg (23.7%), Vitamin E: 3.51mg (23.39%), Fiber: 5.78g (23.12%), Copper: 0.46mg (22.87%), Vitamin B5: 2.19mg (21.93%), Iron: 2.99mg (16.59%), Vitamin A: 629.66IU (12.59%), Vitamin B12: 0.74µg (12.28%), Calcium: 59.7mg (5.97%), Folate: 19.39µg (4.85%), Vitamin D: 0.43µg (2.83%), Vitamin K: 2.82µg (2.68%), Vitamin C: 1.9mg (2.3%)