



Apricot Pork Tenderloin

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce apricot preserves
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup cooking sherry dry
- ☐ 2 teaspoons garlic powder
- ☐ 1 teaspoon ground thyme
- ☐ 2 tablespoons honey to taste
- ☐ 2 pounds pork tenderloin
- ☐ 6 servings salt and pepper to taste

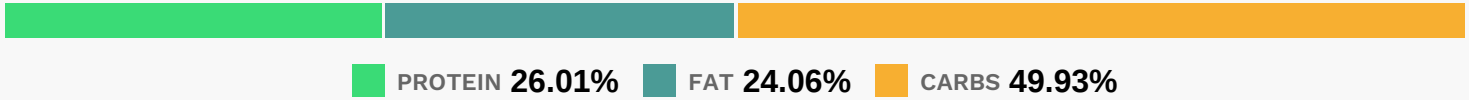
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Spread butter all over the pork tenderloin. Season with salt, pepper, and thyme.
- ☐ Combine garlic powder, apricot preserves, honey, and sherry in a separate bowl.
- ☐ Roast the pork in the preheated oven for 30 to 40 minutes.
- ☐ Remove the pork from the oven and brush with the apricot sauce. Return the pork to the oven. Continue roasting, basting occasionally with the remaining sauce, until the pork is no longer pink in the center, about 15 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:3.08, Inflammation Score:-5, Nutrition Score:21.206956653491%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 488.32kcal (24.42%), Fat: 13.2g (20.3%), Saturated Fat: 6.66g (41.64%), Carbohydrates: 61.64g (20.55%), Net Carbohydrates: 61.22g (22.26%), Sugar: 42.79g (47.54%), Cholesterol: 118.61mg (39.54%), Sodium: 368.72mg (16.03%), Alcohol: 1.03g (100%), Alcohol %: 0.49% (100%), Protein: 32.11g (64.21%), Vitamin B1: 1.49mg (99.4%),

Selenium: 47.92µg (68.46%), Vitamin B6: 1.2mg (59.9%), Vitamin B3: 10.06mg (50.32%), Phosphorus: 378.79mg (37.88%), Vitamin B2: 0.54mg (31.63%), Zinc: 2.95mg (19.7%), Potassium: 686.03mg (19.6%), Vitamin B12: 0.8µg (13.37%), Vitamin B5: 1.31mg (13.1%), Iron: 2.21mg (12.25%), Magnesium: 46.7mg (11.67%), Copper: 0.23mg (11.47%), Vitamin C: 7.61mg (9.23%), Vitamin A: 420.07IU (8.4%), Manganese: 0.1mg (4.79%), Vitamin E: 0.68mg (4.55%), Vitamin K: 3.56µg (3.39%), Calcium: 33.73mg (3.37%), Vitamin D: 0.45µg (3.02%), Fiber: 0.42g (1.68%)