



Balsamic Rosemary Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 tablespoons honey
- ☐ 2 teaspoons olive oil
- ☐ 1 pound pork tenderloin
- ☐ 0.5 teaspoon salt

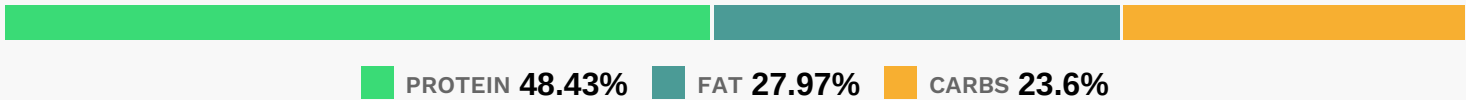
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle pork with rosemary, salt, and pepper.
- ☐ Add pork to pan; cook 3 minutes on each side or until done.
- ☐ Remove pork from pan; keep warm.
- ☐ Combine broth, vinegar, and honey, stirring with a whisk; add to pan, scraping to loosen browned bits. Bring to a boil; reduce heat, and simmer 6 minutes or until reduced to 1/3 cup. Return pork to pan; cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:33.57, Glycemic Load:5.88, Inflammation Score:-2, Nutrition Score:14.852608721541%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 201.65kcal (10.08%), Fat: 6.08g (9.36%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 11.44g (4.16%), Sugar: 11.05g (12.27%), Cholesterol: 73.71mg (24.57%), Sodium: 469.97mg (20.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.7g (47.41%), Vitamin B1: 1.12mg (74.39%), Selenium: 35.07µg (50.1%), Vitamin B6: 0.88mg (43.79%), Vitamin B3: 7.67mg (38.36%), Phosphorus: 282.56mg (28.26%), Vitamin B2: 0.39mg (23.12%), Zinc: 2.17mg (14.45%), Potassium: 481.73mg (13.76%), Vitamin B12: 0.65µg (10.77%), Vitamin B5: 1mg (9.95%), Magnesium: 33.59mg (8.4%), Iron: 1.35mg (7.51%), Copper: 0.12mg (5.84%), Vitamin E: 0.54mg (3.59%), Manganese: 0.06mg (3.09%), Vitamin D: 0.34µg (2.27%), Calcium: 14.93mg (1.49%), Vitamin K: 1.31µg (1.24%)