



WHATSheATE



HEALTH SCORE

74%

Beer-Marinated Pork Tenderloin with Red Cabbage



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apples cored peeled chopped
- ☐ 1 tablespoon apple cider vinegar divided
- ☐ 2 bay leaves
- ☐ 2 tablespoons brown sugar packed ()
- ☐ 4 servings kosher salt freshly ground
- ☐ 0.3 cup lager
- ☐ 0.3 cup soya sauce reduced-sodium

- ☐ 3 tablespoons olive oil
- ☐ 2 pork tenderloins
- ☐ 0.5 medium cabbage red cored cut into 1/2" strips
- ☐ 2 tablespoons butter unsalted

Equipment

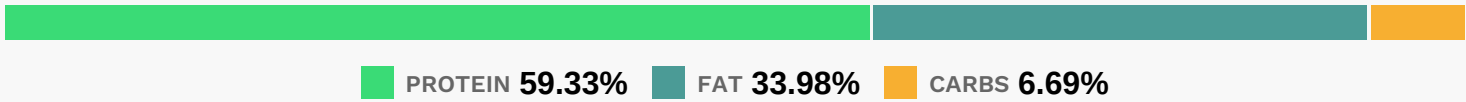
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Place pork in a large resealable plastic bag.
- ☐ Whisk lager, soy sauce, brown sugar, and 1 tablespoon vinegar in a small bowl; pour into bag with pork and seal. Chill, turning occasionally, for at least 4 and up to 24 hours.
- ☐ Preheat oven to 400°F.
- ☐ Heat oil in a large ovenproof skillet over medium-high heat.
- ☐ Remove pork from marinade, allowing any excess to drip off (reserve marinade). Cook pork, turning, until browned on all sides, 8–10 minutes.
- ☐ Transfer skillet to oven and roast until an instant-read thermometer inserted into thickest part of pork registers 140°F, 10–15 minutes.
- ☐ Transfer to a plate and let rest for at least 10 minutes.
- ☐ Pour reserved marinade into a small saucepan. Bring to a boil, reduce heat, and simmer until slightly thickened, 5–8 minutes.
- ☐ Meanwhile, melt butter in another large skillet over medium heat.
- ☐ Add cabbage, apple, bay leaves, and 1 cup water; season with salt and pepper. Cook, tossing occasionally, until cabbage is softened, 15–20 minutes.
- ☐ Add remaining 1 teaspoon vinegar and toss to combine.

Slice pork and serve with cabbagemixture and sauce.

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:3.67, Inflammation Score:-9, Nutrition Score:59.832608844923%

Flavonoids

Cyanidin: 220.77mg, Cyanidin: 220.77mg, Cyanidin: 220.77mg, Cyanidin: 220.77mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.44mg, Epicatechin: 3.44mg, Epicatechin: 3.44mg, Epicatechin: 3.44mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1327kcal (66.35%), Fat: 48.5g (74.61%), Saturated Fat: 15.8g (98.75%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 18g (6.55%), Sugar: 14.67g (16.3%), Cholesterol: 604.6mg (201.53%), Sodium: 1077.63mg (46.85%), Alcohol: 0.58g (100%), Alcohol %: 0.07% (100%), Protein: 190.5g (381.01%), Vitamin B1: 8.99mg (599.28%), Selenium: 275.77µg (393.96%), Vitamin B6: 7.21mg (360.63%), Vitamin B3: 60.7mg (303.51%), Phosphorus: 2271.43mg (227.14%), Vitamin B2: 3.19mg (187.38%), Zinc: 17.35mg (115.67%), Potassium: 3942.22mg (112.63%), Vitamin B12: 4.73µg (78.85%), Vitamin B5: 7.85mg (78.48%), Vitamin C: 61.9mg (75.02%), Magnesium: 276.93mg (69.23%), Iron: 10.05mg (55.84%), Vitamin K: 48.04µg (45.75%), Copper: 0.85mg (42.58%), Vitamin A: 1391.68IU (27.83%), Vitamin E: 3.93mg (26.22%), Manganese: 0.5mg (24.84%), Vitamin D: 2.83µg (18.84%), Fiber: 3.44g (13.78%), Calcium: 117.6mg (11.76%), Folate: 28.52µg (7.13%)