



Chai-Brined Pork Tenderloin with Spiced Apple Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups apples diced peeled (3 large)
- ☐ 2 cups apple juice unsweetened
- ☐ 3 cups apple juice unsweetened
- ☐ 1 bay leaves
- ☐ 0.5 teaspoon peppercorns black crushed
- ☐ 2 tablespoons brown sugar
- ☐ 3 tablespoons brown sugar

- ☐ 1 teaspoon butter
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 Dash ground cloves
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 0.5 cup golden raisins
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons kosher salt
- ☐ 2 pound pork tenderloins trimmed
- ☐ 1 teaspoon olive oil
- ☐ 1.5 cups onion diced
- ☐ 2 teaspoons tea black (such as Darjeeling or Assam)
- ☐ 3 cups water cold
- ☐ 0.5 teaspoon peppercorns cracked white crushed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ broiler pan
- ☐ cheesecloth

Directions

- ☐ To prepare brine, place 2 teaspoons tea leaves on a double layer of cheesecloth. Gather edges of the cheesecloth together, and tie securely.
- ☐ Combine 3 cups apple juice and next 5 ingredients (through bay leaf) in a large saucepan, and bring to a boil. Cook for 1 minute, and remove from heat.
- ☐ Add cheesecloth bag; cover and steep 5 minutes. Discard cheesecloth bag.
- ☐ Add 3 cups water, and cool to room temperature.
- ☐ Pour liquid into a large heavy-duty zip-top plastic bag.
- ☐ Add pork tenderloins to bag; seal and marinate in refrigerator 8 hours or overnight, turning the bag occasionally.
- ☐ To prepare chutney, bring 2 cups juice to a boil in a large saucepan.
- ☐ Remove from heat. Stir in 2 teaspoons tea leaves, and steep for 2 minutes. Strain juice mixture through a sieve into a bowl; discard solids. Reserve juice mixture.
- ☐ Heat butter and 1 teaspoon oil in pan over medium-low heat.
- ☐ Add onion; cook for 20 minutes or until golden brown, stirring frequently. Stir in apple; cook 5 minutes.
- ☐ Add reserved juice mixture, raisins, and next 8 ingredients (through ground cloves). Bring mixture to a boil over medium-high heat; reduce heat to medium. Cook 30 minutes or until apple is tender and mixture is thick.
- ☐ Remove from heat.
- ☐ Preheat oven to 35
- ☐ Remove pork from bag; discard brine. Pat pork dry with paper towels.
- ☐ Brush pork with 1 teaspoon oil; sprinkle on all sides with 1/2 teaspoon white peppercorns and 1/2 teaspoon black peppercorns.
- ☐ Place pork on a broiler pan coated with cooking spray.
- ☐ Bake at 350 for 40 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Place pork on a platter, and let stand for 5 minutes.
- ☐ Cut pork across the grain into thin slices.
- ☐ Serve with chutney.

Nutrition Facts

PROTEIN 31.93% FAT 11.25% CARBS 56.82%

Properties

Glycemic Index:47.02, Glycemic Load:13.84, Inflammation Score:-4, Nutrition Score:18.531304167665%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 12.03mg, Epicatechin: 12.03mg, Epicatechin: 12.03mg, Epicatechin: 12.03mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 1mg, Thearubigins: 1mg, Thearubigins: 1mg, Thearubigins: 1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 307.1kcal (15.35%), Fat: 3.89g (5.98%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 41.21g (14.99%), Sugar: 35.34g (39.27%), Cholesterol: 75.05mg (25.02%), Sodium: 2841.89mg (123.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.62%), Vitamin B1: 1.19mg (79.35%), Selenium: 35.44µg (50.63%), Vitamin B6: 1.01mg (50.28%), Vitamin B3: 7.91mg (39.53%), Phosphorus: 318.93mg (31.89%), Vitamin B2: 0.46mg (26.92%), Potassium: 807.39mg (23.07%), Manganese: 0.39mg (19.34%), Zinc: 2.31mg (15.42%), Magnesium: 50.83mg (12.71%), Fiber: 2.92g (11.7%), Vitamin B5: 1.14mg (11.4%), Copper: 0.21mg (10.54%), Iron: 1.79mg (9.93%), Vitamin B12: 0.58µg (9.66%), Vitamin C: 6.87mg (8.33%), Calcium: 48.08mg (4.81%), Vitamin E: 0.5mg (3.31%), Vitamin K: 2.9µg (2.76%), Folate: 8.17µg (2.04%), Vitamin D: 0.23µg (1.51%), Vitamin A: 54.43IU (1.09%)