



Cheese and Pear Pork

READY IN



66 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup anjou pear firm chopped
- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.3 cup breadcrumbs fresh
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 Dash ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 cups beef broth fat-free
- ☐ 2 tablespoons olive oil divided

- ☐ 24 ounce pork tenderloin
- ☐ 0.5 cup wine
- ☐ 4 shallots thinly sliced
- ☐ 0.5 cup walnut pieces toasted chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 42
- ☐ Heat 1 tablespoon oil in a pan over medium heat.
- ☐ Add shallots; cook 6 minutes.
- ☐ Add pear, wine, thyme, and pepper; cook 2 minutes. Cool. Stir in nuts, cheese, crumbs, and parsley.
- ☐ Slice pork lengthwise, cutting to, but not through, other side. Open halves.
- ☐ Place pork between sheets of plastic wrap; pound to 1/4 inch. Top pork with pears; leave 1/2-inch border.
- ☐ Roll, starting with long side; secure pork with picks.
- ☐ Sprinkle with salt.
- ☐ Heat 1 tablespoon oil in a large ovenproof pan over medium-high heat.
- ☐ Add pork; saut 5 minutes, browning all sides.
- ☐ Bake at 425 for 12 minutes or until a thermometer registers 14
- ☐ Remove pork from pan, and let stand 5 minutes. Slice. Bring broth to a boil in pan over medium-high heat; scrape pan to loosen browned bits. Cook 4 minutes.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:2.23, Inflammation Score:-8, Nutrition Score:22.11391296594%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 353.04kcal (17.65%), Fat: 18.66g (28.71%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 11.2g (4.07%), Sugar: 4.82g (5.35%), Cholesterol: 82.15mg (27.38%), Sodium: 522.13mg (22.7%), Alcohol: 2.06g (100%), Alcohol %: 1% (100%), Protein: 29.58g (59.15%), Vitamin B1: 1.22mg (81.61%), Selenium: 38.23µg (54.62%), Vitamin B6: 1.03mg (51.34%), Vitamin B3: 8.26mg (41.28%), Phosphorus: 381.61mg (38.16%), Vitamin B2: 0.48mg (28.48%), Vitamin K: 27.01µg (25.73%), Manganese: 0.51mg (25.64%), Potassium: 745.12mg (21.29%), Zinc: 2.96mg (19.75%), Copper: 0.32mg (16.09%), Magnesium: 61.13mg (15.28%), Vitamin B5: 1.31mg (13.13%), Iron: 2.33mg (12.92%), Vitamin B12: 0.75µg (12.47%), Calcium: 103.88mg (10.39%), Fiber: 2.5g (10%), Vitamin C: 6.27mg (7.6%), Folate: 30.34µg (7.58%), Vitamin E: 1.08mg (7.18%), Vitamin A: 272.11IU (5.44%), Vitamin D: 0.4µg (2.64%)