



Cider and Sage Pork

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 teaspoon cornstarch
- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 teaspoons sage fresh chopped
- ☐ 1 tablespoon heavy whipping cream
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.5 cup lower-sodium chicken broth

- ☐ 1 tablespoon olive oil divided
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 4 teaspoons sherry vinegar

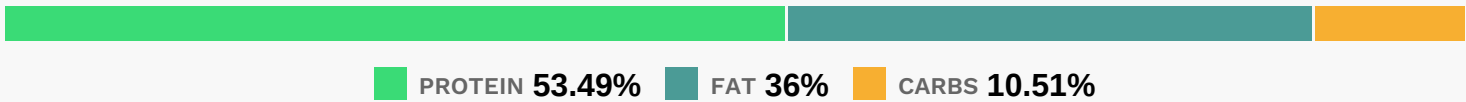
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cut pork crosswise into 12 pieces.
- ☐ Sprinkle both sides of pork evenly with salt and pepper.
- ☐ Heat 2 teaspoons oil in a nonstick skillet over medium-high heat.
- ☐ Add pork; cook 3 minutes on each side or until done.
- ☐ Remove pork from pan; keep warm.
- ☐ Add remaining oil, shallots, and chopped sage; cook 2 minutes. Stir in vinegar.
- ☐ Whisk broth, cider, mustard, and cornstarch.
- ☐ Add mixture to pan; bring to a boil. Reduce heat; cook 2 minutes, stirring constantly.
- ☐ Remove from heat. Stir in cream.
- ☐ Serve with pork.
- ☐ Garnish with sage, if desired.

Nutrition Facts



Properties

Glycemic Index:33.69, Glycemic Load:1.29, Inflammation Score:-3, Nutrition Score:20.086086998815%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 191.15kcal (9.56%), Fat: 7.43g (11.44%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.71g (3.01%), Cholesterol: 77.95mg (25.98%), Sodium: 423.48mg (18.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.7%), Copper: 2.39mg (119.71%), Vitamin B1: 1.15mg (76.61%), Selenium: 35.67µg (50.96%), Vitamin B6: 0.94mg (46.87%), Vitamin B3: 7.63mg (38.15%), Phosphorus: 294.45mg (29.44%), Vitamin B2: 0.4mg (23.67%), Potassium: 589.1mg (16.83%), Zinc: 2.24mg (14.94%), Vitamin B5: 1.02mg (10.25%), Vitamin B12: 0.58µg (9.74%), Magnesium: 37.03mg (9.26%), Manganese: 0.17mg (8.51%), Iron: 1.47mg (8.18%), Vitamin E: 0.8mg (5.34%), Fiber: 0.65g (2.58%), Vitamin K: 2.57µg (2.45%), Calcium: 21.58mg (2.16%), Vitamin D: 0.29µg (1.91%), Vitamin C: 1.37mg (1.66%), Folate: 5.29µg (1.32%), Vitamin A: 57.44IU (1.15%)