



 **61%**
HEALTH SCORE

Cider-Glazed Pork With Onions And Carrots

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups apple cider
- 16 ounce carrots diagonally sliced (3 cups)
- 0.8 teaspoon cornstarch
- 1.3 cups milk fat-free
- 0.3 cup parsley fresh minced
- 1 tablespoon olive oil divided
- 4 cups onions
- 0.5 teaspoon pepper

- 1 pound pork tenderloin
- 2.7 cups potatoes frozen mashed
- 1.5 teaspoons rubbed sage
- 0.5 teaspoon salt
- 1 tablespoon water

Equipment

- bowl
- frying pan
- aluminum foil

Directions

- Prepare mashed potatoes according to package directions, using 1 1/3 cups milk.
- Combine parsley, sage, salt, and pepper in a small bowl; set aside.
- Combine water and cornstarch in a bowl; stir well, and set aside.
- Trim fat from pork. Slice tenderloin crosswise into 1/2-inch slices, and flatten to 1/4-inch thickness. Rub 2 tablespoons parsley mixture evenly over pork.
- Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add half of pork slices, and cook 2 minutes on each side or until browned.
- Transfer pork slices to a plate; cover tightly with foil. Repeat with remaining oil and pork slices.
- Add onion and carrot to skillet; cook 6 minutes, stirring often.
- Add cider and remaining parsley mixture. Cover, reduce heat, and simmer 5 minutes or until vegetables are tender. Return pork to skillet. Cook, uncovered, over medium-high heat 4 minutes or until liquid reduces to a light syrup.
- Add reserved cornstarch mixture to pan. Bring to a boil; cook 1 minute, stirring constantly, until thick and bubbly.
- Serve over mashed potatoes.

Nutrition Facts



■ PROTEIN 28.13% ■ FAT 16.31% ■ CARBS 55.56%

Properties

Glycemic Index:73.9, Glycemic Load:29.54, Inflammation Score:-10, Nutrition Score:40.653043581092%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 34.14mg, Quercetin: 34.14mg, Quercetin: 34.14mg, Quercetin: 34.14mg

Nutrients (% of daily need)

Calories: 450.53kcal (22.53%), Fat: 8.27g (12.72%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 63.36g (21.12%), Net Carbohydrates: 54.03g (19.65%), Sugar: 24.5g (27.23%), Cholesterol: 76.16mg (25.39%), Sodium: 481.58mg (20.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.08g (64.15%), Vitamin A: 19439.37IU (388.79%), Vitamin B1: 1.44mg (95.93%), Vitamin B6: 1.69mg (84.74%), Vitamin K: 82.93µg (78.98%), Vitamin C: 51.77mg (62.76%), Phosphorus: 536.65mg (53.66%), Selenium: 37.43µg (53.47%), Potassium: 1867mg (53.34%), Vitamin B3: 10.48mg (52.38%), Vitamin B2: 0.66mg (38.81%), Fiber: 9.33g (37.31%), Manganese: 0.7mg (34.78%), Magnesium: 108.43mg (27.11%), Zinc: 3.5mg (23.33%), Vitamin B5: 2.22mg (22.16%), Calcium: 218.76mg (21.88%), Folate: 81.82µg (20.46%), Copper: 0.39mg (19.31%), Iron: 3.25mg (18.04%), Vitamin B12: 1.06µg (17.72%), Vitamin E: 1.59mg (10.59%), Vitamin D: 1.24µg (8.26%)