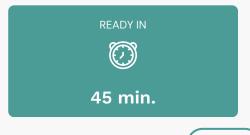


Coriander Pork Tenderloin with Carrot-Ginger Sauce

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound carrots peeled cut into 1-inch pieces
- 3 pork tenderloins trimmed
- 2 tablespoons olive oil
- 0.3 cup whipping cream
- 0.3 cup coriander seeds whole

Equipment

frying pan

	sauce pan
	blender
	kitchen thermometer
	cutting board
Directions	
	Combine carrots, 3 cups water and 3/4 teaspoon salt in medium saucepan. Bring to boil. Reduce heat to low. Cover and cook until carrots are very tender, about 30 minutes.
	Drain; reserve cooking liquid.
	Transfer carrots to processor. Puree until smooth.
	Add cream and ginger and process to blend.
	Transfer puree to heavy small saucepan.
	Add enough reserved cooking liquid to puree to form consistency of thick sauce. Season sauce to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm before serving.)
	Coarsely grind coriander seeds in spice grinder or blender.
	Sprinkle pork with salt and pepper. Press coriander onto pork, coating completely.
	Heat 1 tablespoon oil in each of 2 heavy large nonstick skillets over medium-high heat.
	Add 1 pork tenderloin to 1 skillet and 2 pork tenderloins to second skillet. Brown pork on all sides and cook until thermometer inserted into center registers 155°F, about 25 minutes.
	Transfer pork to cutting board.
	Let rest 5 minutes.
	Cut pork into 1-inch-thick slices. Spoon sauce onto plates. Top with pork and serve.
Nutrition Facts	
	PROTEIN 54.82% FAT 35.63% CARBS 9.55%

Properties

Glycemic Index:7.81, Glycemic Load:2.4, Inflammation Score:-10, Nutrition Score:37.132608693579%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 401.82kcal (20.09%), Fat: 15.68g (24.13%), Saturated Fat: 5.5g (34.38%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 5.94g (2.16%), Sugar: 3.97g (4.41%), Cholesterol: 178.74mg (59.58%), Sodium: 190.55mg (8.28%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 54.28g (108.57%), Vitamin A: 12823.89IU (256.48%), Vitamin B1: 2.58mg (171.7%), Selenium: 78.96µg (112.8%), Vitamin B6: 2.07mg (103.35%), Vitamin B3: 17.67mg (88.33%), Phosphorus: 670.2mg (67.02%), Vitamin B2: 0.94mg (55.31%), Potassium: 1302.24mg (37.21%), Zinc: 5.13mg (34.22%), Vitamin B5: 2.37mg (23.72%), Magnesium: 89.04mg (22.26%), Vitamin B12: 1.31µg (21.77%), Iron: 3.28mg (18.22%), Copper: 0.29mg (14.74%), Fiber: 3.51g (14.05%), Vitamin K: 13.21µg (12.58%), Vitamin E: 1.85mg (12.31%), Manganese: 0.21mg (10.47%), Calcium: 69.95mg (7%), Vitamin C: 5.24mg (6.35%), Vitamin D: 0.72µg (4.77%), Folate: 14.89µg (3.72%)