



 **55%**
HEALTH SCORE

Coriander Pork Tenderloin with Carrot-Ginger Sauce

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

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 skillet 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, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)