



Coriander Pork Tenderloin with Carrot-Ginger Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

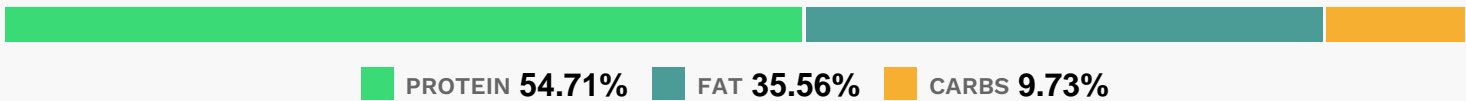
Equipment

- ☐ 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



Properties

Glycemic Index:10.31, Glycemic Load:2.43, Inflammation Score:-10, Nutrition Score:37.173912887988%

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: 402.75kcal (20.14%), Fat: 15.69g (24.14%), Saturated Fat: 5.5g (34.4%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 6.12g (2.23%), Sugar: 3.99g (4.43%), Cholesterol: 178.74mg (59.58%), Sodium: 190.7mg (8.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.31g (108.61%), Vitamin A: 12823.89IU (256.48%), Vitamin B1: 2.58mg (171.72%), Selenium: 78.97µg (112.81%), Vitamin B6: 2.07mg (103.44%), Vitamin B3: 17.67mg (88.38%), Phosphorus: 670.6mg (67.06%), Vitamin B2: 0.94mg (55.33%), Potassium: 1307.08mg (37.35%), Zinc: 5.14mg (34.24%), Vitamin B5: 2.37mg (23.74%), Magnesium: 89.54mg (22.38%), Vitamin B12: 1.31µg (21.77%), Iron: 3.29mg (18.26%), Copper: 0.3mg (14.87%), Fiber: 3.54g (14.15%), Vitamin K: 13.21µg (12.58%), Vitamin E: 1.85mg (12.33%), Manganese: 0.21mg (10.6%), Calcium: 70.14mg (7.01%), Vitamin C: 5.3mg (6.42%), Vitamin D: 0.72µg (4.77%), Folate: 15.02µg (3.76%)