



## Cranberry-Balsamic Pork Skillet

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



40

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 Tbsp classic balsamic vinaigrette dressing made with extra virgin olive oil kraft
- 1.5 cups cranberries fresh
- 0.3 tsp garlic minced
- 1 Tbsp oil divided
- 0.3 cup orange juice
- 1 lb pork tenderloin
- 2 Tbsp onions red finely chopped
- 0.3 cup sugar

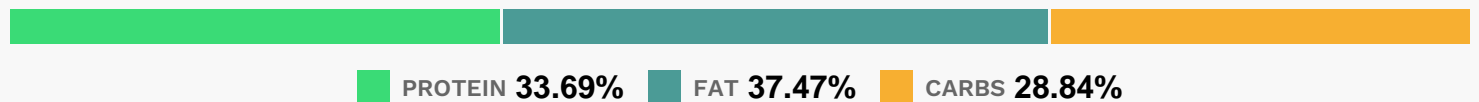
## Equipment

- frying pan
- cutting board

## Directions

- Cut meat into 4 pieces; place, cut sides down, on cutting board. Flatten to 1-1/2-inch thickness.
- Heat 2 tsp. oil in large skillet on medium-high heat.
- Add meat; cook 18 to 20 min. or until done (145F), turning occasionally.
- Transfer to plate; cover to keep warm.
- Heat remaining oil in skillet.
- Add onions and garlic, cook and stir 30 sec. Stir in orange juice; bring to boil, stirring frequently to scrape browned bits from bottom of skillet.
- Add sugar; cook and stir 30 sec. or until dissolved. Stir in cranberries; return to boil. Simmer on medium-low heat 5 min. or until cranberries are tender. Stir in dressing; simmer 1 min.
- Serve meat topped with sauce.

## Nutrition Facts



## Properties

Glycemic Index:5.6, Glycemic Load:1.14, Inflammation Score:-1, Nutrition Score:1.6843478180792%

## Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.04mg,

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## **Nutrients (% of daily need)**

Calories: 28.52kcal (1.43%), Fat: 1.18g (1.81%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.89g (0.69%), Sugar: 1.64g (1.82%), Cholesterol: 7.37mg (2.46%), Sodium: 16.15mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin B1: 0.11mg (7.6%), Selenium: 3.45µg (4.93%), Vitamin B6: 0.09mg (4.53%), Vitamin B3: 0.76mg (3.81%), Phosphorus: 28.49mg (2.85%), Vitamin B2: 0.04mg (2.35%), Vitamin C: 1.6mg (1.94%), Potassium: 52.52mg (1.5%), Zinc: 0.22mg (1.45%), Vitamin B5: 0.11mg (1.11%)