



Cranberry-Glazed Pork Tenderloin



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup cranberries dried
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 pound pork tenderloin
- ☐ 0.3 cup currant jelly red

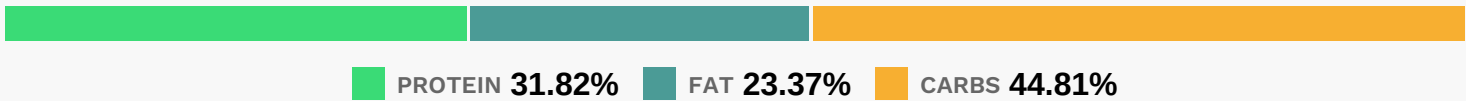
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 425 degrees F and line a rimmed baking sheet with foil.
- ☐ Combine the cranberry juice, jelly and mustard in a medium skillet over medium-high heat; cook, stirring occasionally, until thick enough to coat the back of a spoon, about 15 minutes.
- ☐ Remove 3 tablespoons of the glaze and set aside for brushing. Stir the cranberries into the remaining glaze; set aside for drizzling.
- ☐ Meanwhile, rub the pork with the olive oil, 1/2 teaspoon salt and a few grinds of pepper.
- ☐ Place on the prepared baking sheet and roast, turning once, 15 minutes.
- ☐ Remove the pork from the oven and brush all over with the reserved 3 tablespoons glaze. Continue to roast until a thermometer inserted into the thickest part of the meat registers 145 degrees F, 5 to 10 more minutes.
- ☐ Let rest 5 minutes, then slice and drizzle with the cranberry glaze.
- ☐ Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:14.86, Inflammation Score:-2, Nutrition Score:16.578260885633%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 300.5kcal (15.03%), Fat: 7.81g (12.02%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 32.77g (11.92%), Sugar: 26.95g (29.94%), Cholesterol: 73.71mg (24.57%), Sodium: 304.79mg (13.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.94g (47.88%), Vitamin B1: 1.13mg (75.46%), Selenium: 36.31µg (51.87%), Vitamin B6: 0.91mg (45.58%), Vitamin B3: 7.63mg (38.13%), Phosphorus: 293.82mg (29.38%), Vitamin B2: 0.42mg (24.69%), Potassium: 525.59mg (15.02%), Zinc: 2.23mg (14.89%), Vitamin E: 1.72mg (11.46%), Vitamin C: 8.41mg (10.19%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.98mg (9.82%), Magnesium: 37.65mg (9.41%), Copper: 0.17mg (8.59%), Iron: 1.51mg (8.37%), Vitamin K: 5.96µg (5.68%), Fiber: 0.94g (3.75%), Manganese: 0.06mg (3.17%), Vitamin D: 0.34µg (2.27%), Calcium: 20.73mg (2.07%)