



Cumin Pork Tenderloin with Dried-Apricot Chutney

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons cider vinegar
- 2 tablespoons brown sugar dark
- 4 servings dried-apricot chutney
- 1 teaspoon ground cumin
- 1 teaspoon coarsely ground pepper
- 1 pound pork tenderloin
- 1 Dash salt

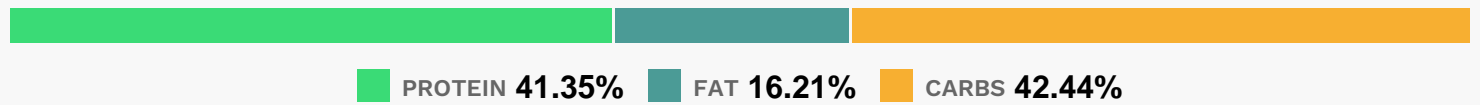
Equipment

- oven
- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 40
- Combine first 5 ingredients in a shallow dish. Stir well; set aside.
- Trim fat from pork.
- Add pork to dish, turning to coat. Marinate in refrigerator 30 minutes, turning pork occasionally.
- Remove pork from dish, discarding marinade.
- Place pork on a broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of pork.
- Bake at 400 for 25 minutes or until thermometer registers 160 (slightly pink).
- Cut pork into thin slices.
- Serve with Dried-Apricot Chutney.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:5.62, Inflammation Score:-7, Nutrition Score:18.258260818927%

Nutrients (% of daily need)

Calories: 234.83kcal (11.74%), Fat: 4.28g (6.59%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 22.86g (8.31%), Sugar: 21.86g (24.29%), Cholesterol: 73.71mg (24.57%), Sodium: 74.4mg (3.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.58g (49.16%), Vitamin B1: 1.12mg (74.78%), Selenium: 35.14µg (50.21%), Vitamin B6: 0.92mg (45.82%), Vitamin B3: 8.31mg (41.54%), Phosphorus: 300.58mg (30.06%), Vitamin B2: 0.41mg (23.93%), Potassium: 819.05mg (23.4%), Vitamin A: 1092.55IU (21.85%), Zinc: 2.27mg (15.14%), Iron: 2.33mg (12.92%), Vitamin B5: 1.12mg (11.19%), Magnesium: 43.57mg (10.89%), Copper: 0.22mg (10.89%), Vitamin E:

1.57mg (10.47%), Vitamin B12: 0.59µg (9.83%), Fiber: 2.37g (9.48%), Manganese: 0.18mg (8.84%), Calcium: 35.33mg (3.53%), Vitamin D: 0.34µg (2.27%), Vitamin K: 1.78µg (1.69%)