



# Fennel-Rubbed Pork Tenderloin with Shallot-Onion Agrodolce

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**339 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper black freshly ground
- 0.8 cup cooking wine dry white
- 2 teaspoons fennel seeds crushed
- 0.3 cup golden raisins
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin

- 1 pound pork tenderloin trimmed
- 1 tablespoon olive oil
- 3 cups onion vertically sliced
- 0.3 cup red wine vinegar
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 cup shallots sliced
- 1 tablespoon sugar

## Equipment

- bowl
- frying pan
- grill
- kitchen thermometer

## Directions

- To prepare agrodolce, heat oil in a large nonstick skillet over medium-high heat.
- Add onion, shallots, and sugar to pan; saut 12 minutes or until golden. Stir in wine, raisins, and vinegar; bring to a boil. Reduce heat, and simmer 9 minutes or until liquid almost evaporates.
- Remove from heat; stir in 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Prepare grill.
- To prepare pork tenderloin, combine fennel seeds, 1/2 teaspoon salt, coriander, cumin, and 1/4 teaspoon pepper in a small bowl.
- Sprinkle pork with fennel seed mixture.
- Place pork on grill rack coated with cooking spray; grill for 20 minutes or until a thermometer registers 155 (slightly pink), turning pork occasionally.
- Let stand for 10 minutes.
- Cut into 1/4-inch-thick slices.
- Serve with agrodolce.

# Nutrition Facts

PROTEIN 35.11% FAT 18.72% CARBS 46.17%

## Properties

Glycemic Index:66.94, Glycemic Load:12.36, Inflammation Score:-7, Nutrition Score:22.450869299147%

## Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 24.67mg, Quercetin: 24.67mg, Quercetin: 24.67mg, Quercetin: 24.67mg

## Nutrients (% of daily need)

Calories: 338.51kcal (16.93%), Fat: 6.46g (9.94%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 35.84g (11.95%), Net Carbohydrates: 30.85g (11.22%), Sugar: 20.33g (22.59%), Cholesterol: 73.71mg (24.57%), Sodium: 514.45mg (22.37%), Alcohol: 4.64g (100%), Alcohol %: 1.57% (100%), Protein: 27.26g (54.51%), Vitamin B1: 1.23mg (82.14%), Vitamin B6: 1.3mg (64.85%), Selenium: 36.47µg (52.1%), Vitamin B3: 8.1mg (40.52%), Phosphorus: 381.01mg (38.1%), Potassium: 980.38mg (28.01%), Vitamin B2: 0.47mg (27.52%), Manganese: 0.54mg (27.24%), Fiber: 4.99g (19.97%), Zinc: 2.75mg (18.3%), Magnesium: 70.29mg (17.57%), Vitamin C: 14.35mg (17.4%), Iron: 2.91mg (16.18%), Copper: 0.27mg (13.32%), Vitamin B5: 1.32mg (13.18%), Folate: 43.78µg (10.94%), Vitamin B12: 0.58µg (9.64%), Calcium: 83.73mg (8.37%), Vitamin E: 0.83mg (5.51%), Vitamin K: 3.98µg (3.79%), Vitamin D: 0.23µg (1.51%)