



Fruit-Stuffed Pork Tenderloin

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 0.8 cup breadcrumbs homemade soft
- ☐ 2 rib celery chopped
- ☐ 6 servings rice long-grain wild hot cooked
- ☐ 0.8 cup fruit mix dried with mariani harvest medley chopped
- ☐ 0.3 teaspoon rosemary dried
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil

- ☐ 1 small onion chopped
- ☐ 2 pound pork tenderloins
- ☐ 0.3 teaspoon sage crushed
- ☐ 0.8 teaspoon salt

Equipment

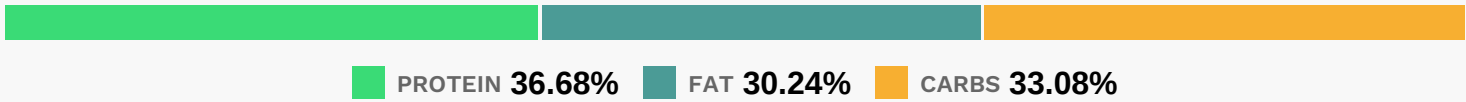
- ☐ frying pan
- ☐ sieve
- ☐ kitchen thermometer
- ☐ slow cooker

Directions

- ☐ Saut celery and onion in 1 tablespoon hot oil in a large skillet over medium-high heat 5 minutes.
- ☐ Add dried fruit, and saut 5 minutes or until onion is almost tender. Stir in salt, rosemary, and sage, and saut 1 minute.
- ☐ Remove from heat, and stir in breadcrumbs.
- ☐ Butterfly each tenderloin by making a lengthwise cut down center of 1 flat side, cutting to within 1/2" of other side. From bottom of cut, slice horizontally to 1/2" from left side; repeat procedure to right side.
- ☐ Spoon half of fruit mixture down center of 1 tenderloin, gently pressing with fingertips. Bring up sides of tenderloin, and tie at 1 1/2" intervals with string. Repeat procedure with remaining tenderloin and fruit mixture.
- ☐ Brown tenderloins in 2 tablespoons hot oil in a large skillet over medium heat.
- ☐ Place tenderloins in a 4 1/2-quart electric slow cooker.
- ☐ Pour cider over tenderloins. Cover and cook on HIGH 1 hour. Reduce to LOW and cook 1 1/2 hours or until a meat thermometer inserted in thickest portion of tenderloin registers 16
- ☐ Remove tenderloins to a serving platter.
- ☐ Let stand 10 minutes before slicing.
- ☐ Pour juices through a wire-mesh strainer over slices.

Serve with long-grain and wild rice.

Nutrition Facts



Properties

Glycemic Index:33.46, Glycemic Load:1.67, Inflammation Score:-4, Nutrition Score:25.687826111265%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 402.79kcal (20.14%), Fat: 13.41g (20.63%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 30.2g (10.98%), Sugar: 5.59g (6.21%), Cholesterol: 98.28mg (32.76%), Sodium: 472.49mg (20.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.61g (73.22%), Vitamin B1: 1.67mg (111.38%), Selenium: 49.97µg (71.39%), Vitamin B6: 1.31mg (65.28%), Vitamin B3: 12mg (60%), Phosphorus: 464.69mg (46.47%), Vitamin B2: 0.65mg (37.95%), Zinc: 4.18mg (27.87%), Copper: 0.54mg (27.08%), Potassium: 769.15mg (21.98%), Manganese: 0.44mg (21.81%), Magnesium: 78.29mg (19.57%), Iron: 2.81mg (15.58%), Vitamin B5: 1.51mg (15.1%), Vitamin B12: 0.83µg (13.89%), Fiber: 2.81g (11.24%), Vitamin E: 1.57mg (10.47%), Folate: 38.56µg (9.64%), Vitamin K: 6.44µg (6.13%), Calcium: 49.05mg (4.91%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.05mg (1.28%)