



Fruit-Stuffed Pork Tenderloin With Orange-Mustard Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon five spice powder chinese
- ☐ 2 tablespoons apricots
- ☐ 1 tablespoon brown sugar
- ☐ 0.5 teaspoon coarse mustard
- ☐ 0.5 teaspoon cornstarch
- ☐ 1 teaspoon cumin
- ☐ 0.3 cup dates chopped

- ☐ 0.3 cup apricot dried chopped
- ☐ 0.3 cup cranberries dried
- ☐ 1 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 pound pork tenderloins trimmed
- ☐ 0.5 cup orange juice fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon water

Equipment

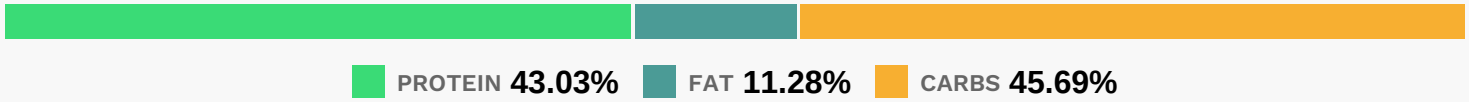
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients in a small bowl.
- ☐ Make a slit lengthwise through center of pork, using a long, thin knife. Press fruit mixture into pork. Pat pork firmly to evenly distribute fruit mixture.
- ☐ Combine brown sugar and next 5 ingredients in a small bowl. Rub spice mixture thoroughly on pork.
- ☐ Place pork in a 13 x 9-inch baking dish coated with cooking spray. Insert meat thermometer into the thickest part of pork.
- ☐ Bake at 400 for 35 to 40 minutes or until a meat thermometer registers 16

- ☐
- Remove from oven, and let stand 5 minutes before slicing. Thinly slice pork into 12 pieces.
- ☐
- Combine orange juice, fruit spread, and brown sugar in a small nonstick skillet. Bring to a boil, and cook 2 to 3 minutes, stirring often.
- ☐
- Add mustard and salt, stirring with a whisk.
- ☐
- Combine water and cornstarch, stirring with a whisk to dissolve. Stir cornstarch mixture into sauce.

Nutrition Facts



Properties

Glycemic Index:64.52, Glycemic Load:6.67, Inflammation Score:-5, Nutrition Score:18.390434881915%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 228.06kcal (11.4%), Fat: 2.9g (4.46%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 24.28g (8.83%), Sugar: 21.91g (24.34%), Cholesterol: 73.71mg (24.57%), Sodium: 289.02mg (12.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.89g (49.77%), Vitamin B1: 1.18mg (78.5%), Selenium: 35.94µg (51.35%), Vitamin B6: 0.95mg (47.33%), Vitamin B3: 8.17mg (40.83%), Phosphorus: 306.85mg (30.68%), Vitamin B2: 0.42mg (24.63%), Potassium: 719.57mg (20.56%), Vitamin C: 16.52mg (20.03%), Zinc: 2.31mg (15.38%), Vitamin B5: 1.16mg (11.62%), Iron: 2.05mg (11.37%), Magnesium: 45.14mg (11.29%), Vitamin A: 531.72IU (10.63%), Vitamin B12: 0.58µg (9.64%), Copper: 0.19mg (9.31%), Fiber: 2.14g (8.57%), Manganese: 0.13mg (6.33%), Vitamin E: 0.89mg (5.9%), Folate: 13.09µg (3.27%), Calcium: 28.79mg (2.88%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.44µg (1.37%)