



Fruited Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup dates pitted chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup golden raisins
- ☐ 1 pound pork tenderloins trimmed
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup port wine sweet

- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup water

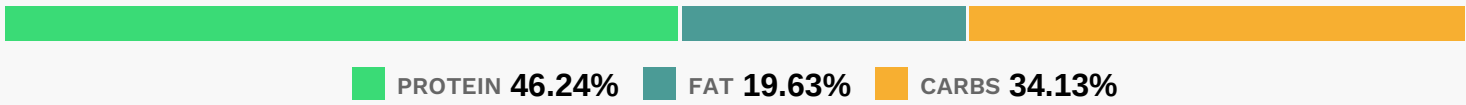
Equipment

- ☐ frying pan

Directions

- ☐ Cut the pork crosswise into 8 slices; sprinkle with 1/4 teaspoon salt and pepper.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add pork; cook 2 minutes on each side or until browned.
- ☐ Add 1/4 teaspoon salt, dates, and remaining ingredients. Cover; simmer 2 minutes or until pork is done.
- ☐ Remove pork from pan. Bring date mixture to a boil; cook until reduced to 2/3 cup (about 5 minutes).
- ☐ Remove cloves; discard.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:53.35, Glycemic Load:7.79, Inflammation Score:-3, Nutrition Score:15.966087102404%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 226.61kcal (11.33%), Fat: 4.6g (7.08%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 16.81g (6.11%), Sugar: 13.87g (15.41%), Cholesterol: 73.71mg (24.57%), Sodium: 368.57mg (16.02%), Alcohol: 2.3g (100%), Alcohol %: 1.61% (100%), Protein: 24.39g (48.79%), Vitamin B1: 1.15mg (76.37%), Selenium: 35.78µg (51.12%), Vitamin B6: 0.93mg (46.47%), Vitamin B3: 7.85mg (39.25%), Phosphorus: 300.1mg (30.01%), Vitamin B2: 0.42mg (24.56%), Potassium: 612.58mg (17.5%), Zinc: 2.22mg (14.82%), Vitamin B5: 1.04mg (10.43%), Magnesium: 40.73mg (10.18%), Vitamin B12: 0.58µg (9.64%), Copper: 0.17mg (8.34%), Iron: 1.46mg (8.12%), Manganese: 0.11mg (5.61%), Fiber: 1.2g (4.79%), Vitamin E: 0.56mg (3.73%), Calcium: 18.2mg (1.82%), Vitamin K: 1.89µg (1.8%), Vitamin D: 0.23µg (1.51%)