



Glazed and Stuffed Pork Tenderloin

READY IN



105 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon canola oil
- ☐ 3 rib celery chopped
- ☐ 0.3 teaspoon rosemary dried
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup jalapeno pepper jam
- ☐ 0.3 cup cranberry jam

- ☐ 1 teaspoon onion minced
- ☐ 1 tablespoon parsley chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound pork tenderloin
- ☐ 0.3 teaspoon salt

Equipment

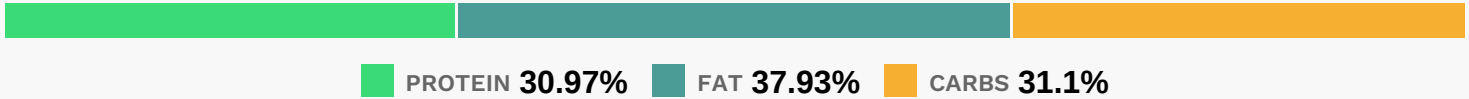
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ meat tenderizer
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cut a lengthwise slit 3/4 of the way through pork tenderloin and spread tenderloin open. Pound the meat flat and to 1/4-inch thickness with a meat mallet.
- ☐ Heat canola oil in a large skillet over medium heat and brown the flattened tenderloin in the hot oil, about 5 minutes per side.
- ☐ Transfer tenderloin to a plate.
- ☐ Heat butter in skillet over medium heat and cook and stir celery and onion in the hot butter until tender, about 8 minutes. Stir bread crumbs, parsley, 1 teaspoon garlic powder, rosemary, salt, and black pepper into the celery and onions.
- ☐ Open the tenderloin and spread the bread crumb mixture over the meat to within 1/2 inch of the edge. Fold the tenderloin over the stuffing and tie together with kitchen string; place into a shallow roasting pan.
- ☐ Stir cranberry jam, jalapeno pepper jam, garlic, and garlic powder together in a bowl; spread mixture over the tenderloin.

- ☐ Bake in the preheated oven until the jam mixture has baked into a glaze and an instant-read meat thermometer inserted into the middle of stuffing reads 160 degrees F (70 degrees C), 50 to 60 minutes.
- ☐ Let meat stand 5 minutes before untying and slicing.

Nutrition Facts



Properties

Glycemic Index:91.25, Glycemic Load:8.13, Inflammation Score:-4, Nutrition Score:19.246956472811%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 335.84kcal (16.79%), Fat: 13.96g (21.47%), Saturated Fat: 5.37g (33.57%), Carbohydrates: 25.74g (8.58%), Net Carbohydrates: 24.57g (8.93%), Sugar: 11.45g (12.72%), Cholesterol: 88.76mg (29.59%), Sodium: 356.89mg (15.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.63g (51.27%), Vitamin B1: 1.26mg (83.75%), Selenium: 38.58µg (55.11%), Vitamin B6: 0.94mg (46.8%), Vitamin B3: 8.5mg (42.51%), Phosphorus: 310.37mg (31.04%), Vitamin B2: 0.46mg (27.22%), Vitamin K: 21.76µg (20.72%), Zinc: 2.39mg (15.93%), Potassium: 526.03mg (15.03%), Vitamin C: 10.18mg (12.34%), Iron: 2.01mg (11.15%), Vitamin B12: 0.65µg (10.81%), Vitamin B5: 1.07mg (10.72%), Magnesium: 39.88mg (9.97%), Manganese: 0.19mg (9.66%), Vitamin E: 1.28mg (8.52%), Copper: 0.17mg (8.46%), Vitamin A: 326.4IU (6.53%), Folate: 20.81µg (5.2%), Fiber: 1.17g (4.68%), Calcium: 42.58mg (4.26%), Vitamin D: 0.34µg (2.27%)