



Glazed Pork

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 tablespoons brown sugar divided
- ☐ 2 tablespoons capers
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 pound pork tenderloin trimmed

- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt

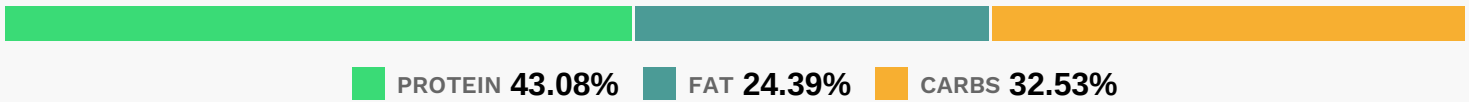
Equipment

- ☐ frying pan

Directions

- ☐ Cut pork crosswise into 16 pieces.
- ☐ Combine flour, 1 tablespoon sugar, salt, cumin, cardamom, and pepper; rub evenly over pork.
- ☐ Combine 1 tablespoon sugar, raisins, juice, vinegar, and capers, stirring until sugar dissolves.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork; cook 2 minutes. Turn pork over; cook 1 minute.
- ☐ Add vinegar mixture; cook 1 minute or until sauce thickens and pork is done.

Nutrition Facts



Properties

Glycemic Index:69.45, Glycemic Load:6.71, Inflammation Score:-3, Nutrition Score:16.747391431228%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 230.97kcal (11.55%), Fat: 6.17g (9.49%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 17.61g (6.4%), Sugar: 8.95g (9.94%), Cholesterol: 73.71mg (24.57%), Sodium: 469.25mg (20.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.51g (49.03%), Vitamin B1: 1.17mg (78.22%), Selenium: 35.77µg

(51.1%), Vitamin B6: 0.91mg (45.57%), Vitamin B3: 7.9mg (39.52%), Phosphorus: 296.12mg (29.61%), Vitamin B2: 0.43mg (25.02%), Potassium: 590.47mg (16.87%), Zinc: 2.23mg (14.85%), Iron: 1.87mg (10.39%), Vitamin C: 8.5mg (10.31%), Vitamin B5: 1.01mg (10.1%), Magnesium: 40.06mg (10.01%), Vitamin B12: 0.58µg (9.64%), Copper: 0.16mg (8.15%), Manganese: 0.12mg (6.21%), Vitamin E: 0.82mg (5.49%), Fiber: 0.9g (3.62%), Vitamin K: 3.18µg (3.02%), Folate: 9.42µg (2.36%), Calcium: 23.13mg (2.31%), Vitamin D: 0.23µg (1.51%), Vitamin A: 65.7IU (1.31%)