



Glazed Pork Tenderloin

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons basil
- 2 tablespoons chives
- 0.5 cup cranberries dried
- 2 small garlic clove chopped
- 0.5 cup havarti cheese grated
- 2 tablespoons marjoram
- 2 tablespoons orange juice concentrate thawed
- 3.5 tablespoons orange liqueur (like grand marnier)

- 1 tablespoon orange zest fresh chopped
- 4 servings bacon
- 0.8 lb pork tenderloin whole
- 1 teaspoon red wine vinegar
- 2 tablespoons rosemary
- 0.5 teaspoon salt
- 4 servings salt and pepper
- 2 tablespoons thyme leaves
- 2 tablespoons butter unsalted
- 16 ounce roasted cranberry sauce whole canned
- 24 inches frangelico
- 24 inches frangelico

Equipment

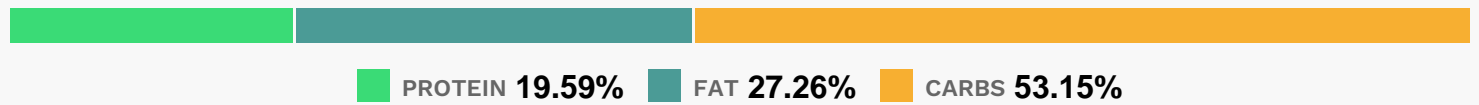
- sauce pan
- oven
- roasting pan
- stove
- kitchen twine

Directions

- TENDERLOIN: Preheat oven to 325 degrees F. Salt and pepper both sides of the butterflied pork tenderloin.
- Mix together the cheese, 1/2 cup dried cranberries, herbs, and garlic. Fill tenderloin and wrap. Secure with twine.
- Place in a roasting pan seam side down. Roast until the internal temperature reads 160 degrees F (45-60 minutes depending on tenderloin size).
- Remove from oven; place the tenderloin on a plate to rest. In the meantime make the glaze. GLAZE:.
- Pour all of the juice out of the roasting pan and into a saucepan.

- Place on stovetop on medium high heat and bring to a boil.Cook for about 2 minutes or until slightly reduced.
- Add all glaze ingredients except the butter. Bring to a boil.
- Remove from heat, add the butter, stir until dissolved and sauce is glossy.
- Remove the twine from the tenderloin.
- Place the tenderloin on a serving platter.
- Pour glaze over pork and serve.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:20.057391239249%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 3.45mg, Myricetin: 3.45mg, Myricetin: 3.45mg, Myricetin: 3.45mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 525.72kcal (26.29%), Fat: 15.62g (24.04%), Saturated Fat: 8.02g (50.14%), Carbohydrates: 68.55g (22.85%), Net Carbohydrates: 64.86g (23.59%), Sugar: 53.57g (59.53%), Cholesterol: 89.69mg (29.9%), Sodium: 763.78mg (33.21%), Alcohol: 3.41g (100%), Alcohol %: 1.57% (100%), Caffeine: 3.41mg (1.14%), Protein: 25.26g (50.52%), Vitamin B1: 0.94mg (62.51%), Selenium: 31.54µg (45.06%), Vitamin B6: 0.81mg (40.41%), Vitamin B3: 6.83mg (34.14%), Phosphorus: 333.03mg (33.3%), Vitamin C: 22.25mg (26.97%), Vitamin B2: 0.42mg (24.93%), Iron: 3.31mg (18.36%), Zinc: 2.61mg (17.41%), Vitamin K: 16.85µg (16.04%), Manganese: 0.31mg (15.66%), Calcium: 156.53mg (15.65%), Vitamin A: 769.61IU (15.39%), Potassium: 533.2mg (15.23%), Fiber: 3.69g (14.75%), Vitamin E: 1.93mg (12.84%), Vitamin B12: 0.73µg (12.09%), Magnesium: 48.23mg (12.06%), Copper: 0.19mg (9.69%), Vitamin B5: 0.96mg (9.58%), Folate: 25.65µg (6.41%), Vitamin D: 0.43µg (2.84%)