



Glazed Pork Tenderloin with Sugared Apples



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 granny smith apples cored sliced into 1/2-inch rounds
- ☐ 1 tablespoon ground coriander
- ☐ 0.3 cup honey
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup brown sugar light
- ☐ 0.5 cup pineapple juice
- ☐ 1 pound pork tenderloin

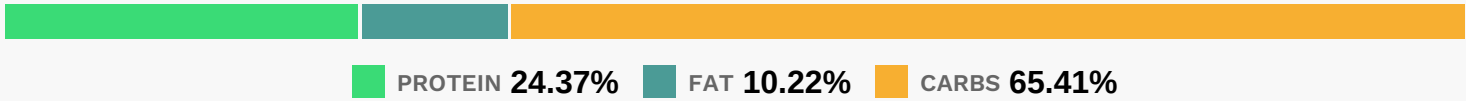
Equipment

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

Directions

- ☐ Heat oven to 450 F. In a small bowl, whisk together the honey, coriander, and lemon juice.
- ☐ Brush the pork with half the marinade.
- ☐ Place the pork in the oven and roast for 25 to 30 minutes or until an instant-read thermometer inserted in the thickest part of the meat registers 160 F. Baste with the remaining marinade several times during roasting.
- ☐ Remove from oven, cover, and let rest 5 minutes. Meanwhile, in a large skillet over medium heat, combine the brown sugar, half the pineapple juice, and the apple rounds. Cook, stirring occasionally, until the apples have softened, about 15 minutes.
- ☐ Remove the apples and set aside.
- ☐ Add the remaining pineapple juice to the pan and reduce heat to low. Simmer until slightly thickened, about 5 minutes. Slice the pork and serve with the apples, drizzling the sauce over both.

Nutrition Facts



Properties

Glycemic Index:32.57, Glycemic Load:18.84, Inflammation Score:-3, Nutrition Score:18.175652369209%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg

Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 382.79kcal (19.14%), Fat: 4.5g (6.93%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 64.84g (21.61%), Net Carbohydrates: 60.92g (22.15%), Sugar: 58.21g (64.68%), Cholesterol: 73.71mg (24.57%), Sodium: 67.66mg (2.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.3%), Vitamin B1: 1.16mg (77.18%), Selenium: 35.17µg (50.24%), Vitamin B6: 0.97mg (48.45%), Vitamin B3: 7.76mg (38.81%), Phosphorus: 300.21mg (30.02%), Vitamin B2: 0.44mg (25.81%), Potassium: 688.83mg (19.68%), Fiber: 3.93g (15.71%), Zinc: 2.34mg (15.57%), Manganese: 0.27mg (13.54%), Vitamin C: 11.08mg (13.44%), Magnesium: 47.55mg (11.89%), Vitamin B5: 1.1mg (10.97%), Iron: 1.81mg (10.06%), Vitamin B12: 0.59µg (9.83%), Copper: 0.19mg (9.49%), Calcium: 44.83mg (4.48%), Vitamin E: 0.51mg (3.38%), Vitamin K: 3.09µg (2.94%), Folate: 10.9µg (2.73%), Vitamin D: 0.34µg (2.27%), Vitamin A: 77.68IU (1.55%)