



WHATSheATE



Glazed Pork with Fresh Plums



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar white
- ☐ 1 teaspoon thyme sprigs fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 tablespoons plum preserves
- ☐ 3 medium plums quartered
- ☐ 2.5 lb pork tenderloin
- ☐ 0.5 large onion red cut into 1/4-inch slices

☐ 1 teaspoon salt

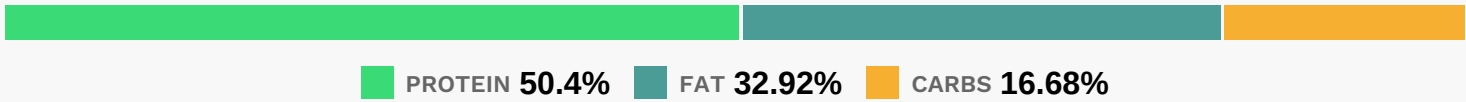
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Sprinkle pork with salt and pepper. Cook in hot oil in a large ovenproof skillet over high heat 3 to 4 minutes on each side or until browned.
- ☐ Add onion and plums.
- ☐ Bake 15 minutes or until a meat thermometer inserted into thickest portion registers 14
- ☐ Transfer pork, onion, and plums to a serving platter, reserving drippings in skillet. Cover pork loosely with aluminum foil, and let stand 10 minutes.
- ☐ Meanwhile, stir vinegar and preserves into drippings; cook over medium-high heat, stirring constantly, 3 to 5 minutes or until slightly thickened.
- ☐ Remove from heat; stir in thyme.
- ☐ Pour over pork and plum mixture.

Nutrition Facts



Properties

Glycemic Index:61.92, Glycemic Load:8.87, Inflammation Score:-7, Nutrition Score:32.808260834735%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epicatechin 3-gallate: 0.38mg,

Epicatechin 3–gallate: 0.38mg, Epicatechin 3–gallate: 0.38mg, Epicatechin 3–gallate: 0.38mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 483.74kcal (24.19%), Fat: 17.19g (26.44%), Saturated Fat: 4.34g (27.1%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 18.36g (6.68%), Sugar: 14.56g (16.18%), Cholesterol: 184.27mg (61.42%), Sodium: 737.13mg (32.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.21g (118.42%), Vitamin B1: 2.81mg (187.13%), Selenium: 86.28µg (123.26%), Vitamin B6: 2.21mg (110.25%), Vitamin B3: 18.98mg (94.89%), Phosphorus: 706.86mg (70.69%), Vitamin B2: 0.99mg (58.01%), Zinc: 5.41mg (36.04%), Potassium: 1243.47mg (35.53%), Vitamin B5: 2.47mg (24.65%), Vitamin B12: 1.47µg (24.57%), Magnesium: 84.67mg (21.17%), Iron: 3.18mg (17.66%), Copper: 0.31mg (15.53%), Vitamin E: 1.78mg (11.89%), Vitamin C: 7.84mg (9.5%), Vitamin K: 7.85µg (7.47%), Manganese: 0.15mg (7.34%), Vitamin D: 0.85µg (5.67%), Fiber: 1.23g (4.9%), Vitamin A: 201.84IU (4.04%), Calcium: 32.94mg (3.29%), Folate: 7.01µg (1.75%)