



Grilled Pork Tenderloin with Apple Sage Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider divided
- 2 tablespoons butter
- 3 tablespoons cider vinegar
- 2 tablespoons sage leaves fresh divided chopped
- 2 tablespoons olive oil
- 1 lb pork tenderloin cut in half crosswise
- 0.5 teaspoon salt
- 1 tablespoon shallots minced

Equipment

- bowl
- sauce pan
- whisk
- grill
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Prepare a grill for medium heat (350 to 450; you can hold your hand 5 in. above cooking grate only 5 to 7 seconds).
- Whisk together 1/2 cup cider, the vinegar, oil, shallot, salt, and 1 tbsp. sage in a large bowl.
- Add pork pieces to bowl and set aside.
- When grill is hot, remove pork, reserving marinade, and cook, turning occasionally, until an instant-read thermometer inserted in center of meat reads 150, about 20 minutes total.
- Transfer to a cutting board and tent with foil to rest.
- Meanwhile, in a small saucepan, bring marinade and remaining 1/2 cup cider to a boil. Reduce heat and simmer until liquid is reduced by half, 6 to 7 minutes. During last minute, whisk in butter.
- Cut pork into 1/4-in. slices, drizzle portions with sauce, and sprinkle with remaining sage.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:2.81, Inflammation Score:-3, Nutrition Score:20.603478059821%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 283.81kcal (14.19%), Fat: 16.91g (26.02%), Saturated Fat: 6g (37.51%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 7.29g (2.65%), Sugar: 5.92g (6.58%), Cholesterol: 88.76mg (29.59%), Sodium: 398.17mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.72g (47.45%), Copper: 9.21mg (460.26%), Vitamin B1: 1.14mg (75.78%), Selenium: 34.53µg (49.33%), Vitamin B6: 0.89mg (44.35%), Vitamin B3: 7.55mg (37.73%), Phosphorus: 284.88mg (28.49%), Vitamin B2: 0.4mg (23.46%), Manganese: 0.39mg (19.71%), Potassium: 536.41mg (15.33%), Zinc: 2.21mg (14.73%), Vitamin B12: 0.6µg (10.03%), Magnesium: 39.9mg (9.98%), Vitamin B5: 0.99mg (9.93%), Vitamin E: 1.43mg (9.51%), Iron: 1.6mg (8.9%), Vitamin K: 4.72µg (4.5%), Vitamin A: 177.89IU (3.56%), Calcium: 34.83mg (3.48%), Vitamin D: 0.34µg (2.27%), Fiber: 0.41g (1.65%)