



Grilled Pork Tenderloin with Fried Apples

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 pinch garlic salt
- ☐ 3 granny smith apples sliced to taste
- ☐ 1 pinch ground pepper black
- ☐ 2 pound pork tenderloin as needed
- ☐ 0.3 cup sugar white

Equipment

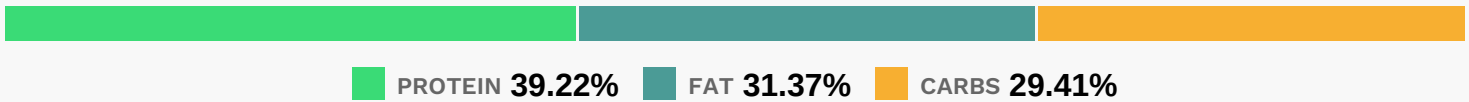
- ☐ frying pan

- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Generously season pork tenderloin with garlic salt and pepper.
- ☐ Cook pork on the preheated grill, turning twice on each side, until no longer pink in the center, 6 to 7 minutes per side. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
- ☐ Remove pork from grill and cover with aluminum foil; let rest for 5 minutes. Slice pork and place on a serving platter.
- ☐ Melt butter in a skillet over medium heat; add apples. Cover skillet and cook for 5 minutes. Stir apples and sprinkle with sugar; reduce heat to low. Cover skillet and cook apples for 5 more minutes.
- ☐ Remove cover; cook and stir until apples are lightly browned, 2 to 3 more minutes. Spoon apples over sliced pork.

Nutrition Facts



Properties

Glycemic Index:46.02, Glycemic Load:16.62, Inflammation Score:-5, Nutrition Score:28.633912920952%

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 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: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 482.65kcal (24.13%), Fat: 16.81g (25.86%), Saturated Fat: 8.11g (50.71%), Carbohydrates: 35.46g (11.82%), Net Carbohydrates: 32.18g (11.7%), Sugar: 30.84g (34.26%), Cholesterol: 169.99mg (56.66%), Sodium: 196.68mg (8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.28g (94.56%), Vitamin B1: 2.25mg (150.06%), Selenium: 68.93µg (98.46%), Vitamin B6: 1.79mg (89.57%), Vitamin B3: 15.12mg (75.6%), Phosphorus: 568.69mg (56.87%), Vitamin B2: 0.81mg (47.45%), Potassium: 1040.55mg (29.73%), Zinc: 4.31mg (28.71%), Vitamin B12: 1.2µg (19.95%), Vitamin B5: 1.99mg (19.93%), Magnesium: 68.31mg (17.08%), Iron: 2.38mg (13.2%), Fiber: 3.28g (13.13%), Copper: 0.24mg (12.01%), Vitamin C: 6.28mg (7.61%), Vitamin A: 340.78IU (6.82%), Vitamin E: 0.99mg (6.59%), Vitamin D: 0.68µg (4.54%), Manganese: 0.08mg (4.17%), Vitamin K: 3.78µg (3.6%), Calcium: 24.6mg (2.46%), Folate: 4.41µg (1.1%)