



Grilled Pork Tenderloin with Port Blueberry Compote

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups blueberries
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 2 lb pork tenderloin
- 0.5 cup port wine

Equipment

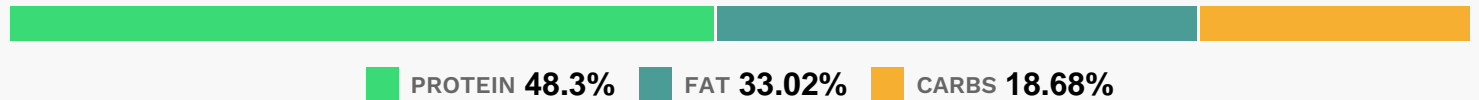
- sauce pan
- grill

- aluminum foil
- cutting board

Directions

- Pour dressing over meat in shallow dish; cover. Refrigerate at least 1 hour or overnight to marinate.
- Preheat grill to medium heat.
- Remove meat from marinade; discard marinade.
- Add meat to grill; cover with lid. Grill 20 to 25 min. or until meat is cooked through (160F), turning after 15 min.
- Transfer meat to cutting board; cover with foil.
- Let stand 5 min.
- Meanwhile, place blueberries in saucepan.
- Add wine; cook on medium-high heat 5 min. or until slightly thickened, stirring constantly. Slice meat.
- Serve with the blueberry compote.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:4.3139130162156%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Petunidin: 3.38mg, Petunidin: 3.38mg, Petunidin: 3.38mg, Petunidin: 3.38mg Delphinidin: 3.65mg, Delphinidin: 3.65mg, Delphinidin: 3.65mg, Delphinidin: 3.65mg Malvidin: 10.46mg, Malvidin: 10.46mg, Malvidin: 10.46mg, Malvidin: 10.46mg Peonidin: 2.16mg, Peonidin: 2.16mg, Peonidin: 2.16mg, Peonidin: 2.16mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 57.71kcal (2.89%), Fat: 1.93g (2.96%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.22g (0.81%), Sugar: 1.72g (1.91%), Cholesterol: 19.66mg (6.55%), Sodium: 55.08mg (2.39%), Alcohol: 0.61g (100%), Alcohol %: 1.62% (100%), Protein: 6.34g (12.68%), Vitamin B1: 0.3mg (20.14%), Selenium: 9.27µg (13.24%), Vitamin B6: 0.24mg (11.95%), Vitamin B3: 2.05mg (10.27%), Phosphorus: 75.61mg (7.56%), Vitamin B2: 0.11mg (6.27%), Zinc: 0.59mg (3.91%), Vitamin K: 4.1µg (3.9%), Potassium: 133.41mg (3.81%), Vitamin B5: 0.27mg (2.67%), Vitamin B12: 0.16µg (2.62%), Magnesium: 9.31mg (2.33%), Manganese: 0.04mg (2.17%), Iron: 0.34mg (1.89%), Copper: 0.04mg (1.75%), Vitamin E: 0.21mg (1.39%), Vitamin C: 0.97mg (1.18%)