



Grilled Pork with Blackberry-Sage Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon pepper black
- ☐ 1 pound blackberries fresh
- ☐ 1 tablespoon butter
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.5 teaspoon sage fresh chopped
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1.5 pound pork tenderloins trimmed

- ☐ 2 tablespoons shallots minced
- ☐ 1.5 teaspoons sugar

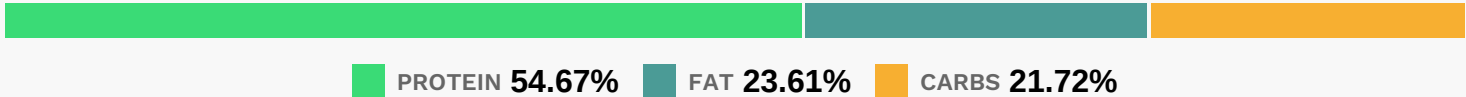
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill to medium heat.
- ☐ Heat a medium saucepan over medium heat. Coat pan with cooking spray.
- ☐ Add shallots to pan; cook 3 minutes or until tender, stirring occasionally.
- ☐ Add blackberries, sage, and broth; bring to a boil. Reduce heat, and simmer 20 minutes or until blackberries break down. Press blackberry mixture through a fine sieve over a bowl; discard solids. Return liquid to pan. Stir in vinegar and sugar; bring to a boil. Cook until reduced to 3/4 cup (about 9 minutes); remove from heat. Stir in butter and 1/4 teaspoon salt, stirring until butter melts. Keep warm.
- ☐ Sprinkle remaining 1/2 teaspoon salt and pepper over pork.
- ☐ Place pork on grill rack coated with cooking spray; cover and grill 20 minutes or until a thermometer registers 155 (slightly pink), turning pork occasionally.
- ☐ Let stand 10 minutes.
- ☐ Cut crosswise into 1/4-inch-thick slices.
- ☐ Serve with blackberry sauce; garnish with sage sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:42.85, Glycemic Load:2.14, Inflammation Score:-6, Nutrition Score:21.592173752577%

Flavonoids

Cyanidin: 75.56mg, Cyanidin: 75.56mg, Cyanidin: 75.56mg, Cyanidin: 75.56mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 28.02mg, Catechin: 28.02mg, Catechin: 28.02mg, Catechin: 28.02mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 187.51kcal (9.38%), Fat: 4.86g (7.48%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 5.86g (2.13%), Sugar: 5.85g (6.5%), Cholesterol: 78.73mg (26.24%), Sodium: 638.81mg (27.77%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 25.34g (50.67%), Vitamin B1: 1.15mg (76.96%), Selenium: 36.77µg (52.53%), Vitamin B6: 0.93mg (46.28%), Vitamin B3: 8.45mg (42.24%), Copper: 0.75mg (37.68%), Phosphorus: 308.16mg (30.82%), Manganese: 0.59mg (29.46%), Vitamin B2: 0.42mg (24.93%), Vitamin C: 16.14mg (19.57%), Potassium: 617.66mg (17.65%), Zinc: 2.58mg (17.23%), Fiber: 4.21g (16.84%), Vitamin K: 15.7µg (14.96%), Vitamin B5: 1.26mg (12.64%), Magnesium: 48.65mg (12.16%), Vitamin B12: 0.71µg (11.91%), Iron: 1.81mg (10.03%), Vitamin E: 1.19mg (7.95%), Folate: 20.82µg (5.21%), Vitamin A: 222.05IU (4.44%), Calcium: 36.23mg (3.62%), Vitamin D: 0.23µg (1.51%)