



## Herbed Pork Tenderloin With Apples and Cider Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups roma apple sliced
- 0.8 cup apple cider
- 0.5 teaspoon pepper black divided
- 1 teaspoon thyme leaves dried
- 1 teaspoon flour all-purpose
- 3 garlic cloves minced
- 2 cups apples i use 2 granny smith apples sliced
- 1 pound pork tenderloin trimmed

- 2 cups leek thinly sliced
- 4 teaspoons olive oil divided
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 tablespoon water
- 2 tablespoons whipping cream

## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Preheat oven to 40
- Combine salt, 1/4 teaspoon pepper, thyme, and garlic in a small bowl. Rub spice mixture over pork.
- Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Add pork; cook 5 minutes, browning on all sides.
- Remove from pan.
- Place pork on a sheet pan.
- Bake 14 minutes or until pork registers 16
- Remove from oven; let stand 5 minutes.
- Heat remaining 1 teaspoon oil in pan over medium-high heat.
- Add leek, apples, salt, and 1/4 teaspoon pepper. Cook 6 minutes or until soft and lightly browned, stirring frequently.
- Combine water and flour in a small bowl; set aside.
- Remove apple mixture from pan; keep warm.

- Add 3/4 cup cider to pan, scraping pan to loosen browned bits. Bring to a boil. Cook 2 minutes or until reduced to 1/2 cup.
- Add flour mixture to reduced cider, stirring with a whisk. Simmer 1 minute.
- Remove from heat. Stir in whipping cream.
- Slice pork thinly. Divide apple mixture evenly among 4 plates; serve pork alongside. Spoon sauce over pork and apples.
- Andrea's wine pick: Barrel-fermented California Chardonnay has plenty of apple notes to echo the sauce and enough body to stand up to the pork. Try St. Francis, Sonoma 2002, \$

## Nutrition Facts

**PROTEIN 32.75%**

**FAT 28.05%**

**CARBS 39.2%**

### Properties

Glycemic Index:68.44, Glycemic Load:8.84, Inflammation Score:-8, Nutrition Score:22.089565173439%

### Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 11.5mg, Epicatechin: 11.5mg, Epicatechin: 11.5mg, Epicatechin: 11.5mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

### Nutrients (% of daily need)

Calories: 303.45kcal (15.17%), Fat: 9.61g (14.79%), Saturated Fat: 3.14g (19.65%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 26.12g (9.5%), Sugar: 19.24g (21.38%), Cholesterol: 82.18mg (27.39%), Sodium: 510.92mg (22.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.5%), Vitamin B1: 1.2mg (80.03%), Vitamin B6: 1.08mg (53.84%), Selenium: 36.15µg (51.65%), Vitamin B3: 7.97mg (39.84%), Phosphorus: 321.75mg (32.17%), Vitamin K: 31.05µg (29.57%), Vitamin B2: 0.46mg (27.16%), Potassium: 733.17mg (20.95%), Manganese: 0.4mg (20.07%), Vitamin A: 931.08IU (18.62%), Fiber: 4.11g (16.42%), Zinc: 2.32mg (15.49%), Vitamin C: 12.36mg (14.98%), Iron: 2.68mg (14.87%), Magnesium: 53.76mg (13.44%), Vitamin B5: 1.16mg (11.58%), Copper: 0.21mg (10.46%), Vitamin E: 1.56mg (10.38%), Vitamin B12: 0.59µg (9.84%), Folate: 34.24µg (8.56%), Calcium: 58.32mg (5.83%), Vitamin D: 0.35µg (2.31%)