



It's Just Pork...and Chutney



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



1032 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons pepper black freshly ground
- ☐ 1 teaspoon chile flakes
- ☐ 2 tablespoons chili powder
- ☐ 6 ounce cranberries dried see Cook's Note
- ☐ 1 tablespoon fennel seeds
- ☐ 2 tablespoons fennel seeds
- ☐ 4 cloves garlic minced
- ☐ 0.3 cup granulated sugar

- ☐ 0.3 teaspoon ground allspice
- ☐ 2 tablespoons ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 2 tablespoons ground cumin
- ☐ 2 tablespoons ground ginger
- ☐ 2 tablespoons kosher salt
- ☐ 6 servings olive oil for searing
- ☐ 2 tablespoons paprika
- ☐ 2 pork tenderloins
- ☐ 0.3 cup red wine vinegar
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 onion yellow finely chopped

Equipment

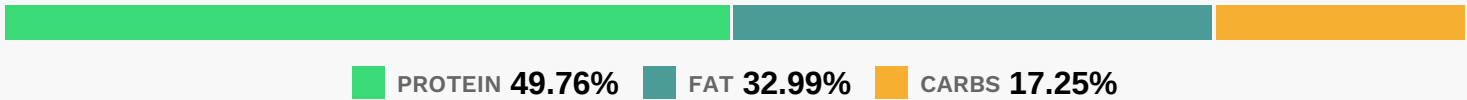
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a medium bowl, combine the cinnamon, chili, cumin, fennel, paprika, pepper and salt.
- ☐ Rub each pork loin generously with the seasoning blend.
- ☐ Let the pork sit 20 to 30 minutes at room temperature.
- ☐ Preheat a large, oven-proof saute pan over medium-high heat. Once hot, add enough oil to coat the bottom of the pan.

- ☐ Place the pork tenderloins in the pan and sear the pork on all sides until golden brown, 3 to 4 minutes per side.
- ☐ Place the seared pork into the oven and cook until an instant-read thermometer reads 155 to 160 degrees F, 20 to 30 minutes.
- ☐ Remove the tenderloins from the oven, place them on a plate or cutting board, tent with foil and allow the meat to rest 10 minutes.
- ☐ Cut the pork into 1-inch thick slices and spoon liberal amounts of Cranberry Chutney over the pork and enjoy!
- ☐ In a medium saucepot, add the onions, garlic, 1/2 to 3/4 cup water, vinegar, sugar, ginger, allspice, fennel, chile and cloves. Bring the mixture to a boil.
- ☐ Add the cranberries to the pot and reduce the heat to a simmer. Cook the mixture until the cranberries have reconstituted and start softening and breaking down. If too much liquid evaporates, just add more water and keep cooking until you achieve the desired consistency. The chutney should be on the firmer/chunkier side of a jelly. Once the chutney is cooked, season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:38.52, Glycemic Load:6.78, Inflammation Score:-9, Nutrition Score:54.802174283111%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 1031.56kcal (51.58%), Fat: 37.51g (57.71%), Saturated Fat: 9.36g (58.51%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 36.81g (13.39%), Sugar: 30.33g (33.7%), Cholesterol: 393.03mg (131.01%), Sodium: 2701.59mg (117.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 127.29g (254.58%), Vitamin B1: 6mg (399.85%), Selenium: 185.8µg (265.43%), Vitamin B6: 4.84mg (241.99%), Vitamin B3: 41.24mg (206.19%), Phosphorus:

1529.63mg (152.96%), Vitamin B2: 2.14mg (125.66%), Manganese: 1.88mg (93.98%), Zinc: 11.97mg (79.82%), Potassium: 2690.41mg (76.87%), Iron: 9.85mg (54.75%), Vitamin B5: 5.29mg (52.89%), Vitamin B12: 3.14µg (52.4%), Magnesium: 203.59mg (50.9%), Vitamin A: 2101.18IU (42.02%), Vitamin E: 5.92mg (39.48%), Copper: 0.71mg (35.7%), Fiber: 7.32g (29.3%), Vitamin K: 20.15µg (19.19%), Calcium: 157.25mg (15.73%), Vitamin D: 1.81µg (12.09%), Vitamin C: 3.06mg (3.71%), Folate: 6.49µg (1.62%)