



Orange-Glazed Pork Tenderloin with Cranberry Tabbouleh with Snap Pea Sauté

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon five-spice powder
- ☐ 1 cup bulgur
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup cranberries dried
- ☐ 2 tablespoons green onions minced
- ☐ 1.3 cups lower-sodium chicken broth fat-free
- ☐ 1 tablespoon lower-sodium soy sauce

- ☐ 0.3 cup orange marmalade
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 pound pork tenderloin
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt

Equipment

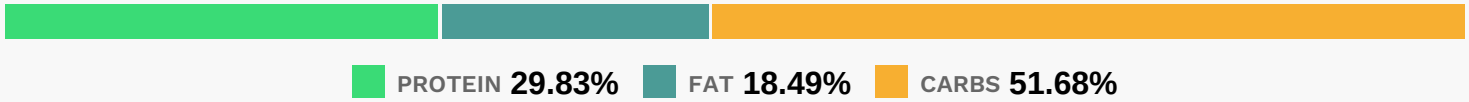
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a medium bowl, stirring with a whisk.
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add pork; cook 6 minutes, turning to brown on all sides.
- ☐ Brush pork with half of marmalade mixture.
- ☐ Place pan in oven; bake at 350 for 18 minutes or until a thermometer registers 145, turning and basting with remaining marmalade after 10 minutes.
- ☐ Place pork on a cutting board; reserve sauce in pan.
- ☐ Let pork rest 5 minutes; cut into 12 slices.
- ☐ While pork cooks, bring broth and next 3 ingredients (through salt) to a boil in a saucepan; stir in bulgur.
- ☐ Remove from heat; cover and let stand 15 minutes. Fluff with a fork. Stir in green onions.

- ☐
- Place 3 pork slices on each of 4 plates; top each serving with 2 tablespoons reserved sauce.
- ☐
- Serve each with 3/4 cup bulgur mixture.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:9.52, Inflammation Score:-5, Nutrition Score:22.7552173034%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 386.57kcal (19.33%), Fat: 8.14g (12.53%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 51.2g (17.07%), Net Carbohydrates: 43.98g (15.99%), Sugar: 21.75g (24.17%), Cholesterol: 73.71mg (24.57%), Sodium: 511.85mg (22.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.56g (59.12%), Vitamin B1: 1.2mg (80.12%), Manganese: 1.14mg (57.23%), Selenium: 35.51µg (50.73%), Vitamin B6: 1.01mg (50.51%), Vitamin B3: 9.44mg (47.19%), Phosphorus: 392.15mg (39.22%), Fiber: 7.22g (28.89%), Vitamin B2: 0.45mg (26.25%), Magnesium: 93.1mg (23.27%), Potassium: 783.76mg (22.39%), Zinc: 2.88mg (19.22%), Vitamin B5: 1.35mg (13.55%), Copper: 0.26mg (12.84%), Iron: 2.27mg (12.61%), Vitamin B12: 0.59µg (9.83%), Vitamin E: 1.12mg (7.49%), Vitamin K: 7.74µg (7.37%), Folate: 15.63µg (3.91%), Calcium: 36.24mg (3.62%), Vitamin A: 126.76IU (2.54%), Vitamin C: 1.91mg (2.32%), Vitamin D: 0.34µg (2.27%)