



Pan-Grilled Pork Tenderloin with Pomegranate Molasses

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon five-spice powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon honey
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 cup less-sodium beef broth
- ☐ 0.5 cup pinot noir chocolate brownies dry red

- ☐ 2 tablespoons pomegranate molasses
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped

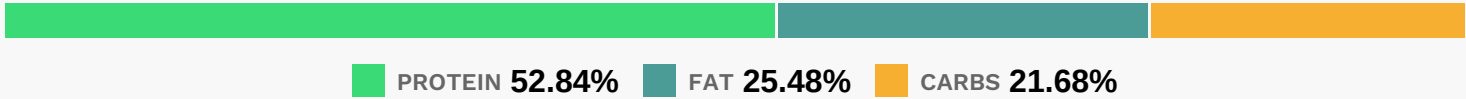
Equipment

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

Directions

- ☐ To prepare sauce, combine broth and the next 4 ingredients (through honey) in a small saucepan; cook over medium heat 30 minutes or until reduced to 1/3 cup.
- ☐ Remove from heat; strain over a bowl. Discard solids.
- ☐ Add butter to the molasses mixture, stirring with a whisk until the butter melts.
- ☐ To prepare pork tenderloin, preheat oven to 50
- ☐ Heat a cast-iron skillet over medium-high heat.
- ☐ Combine salt, five-spice powder, and pepper; rub evenly over pork. Coat pan with cooking spray.
- ☐ Add pork to pan, and cook 1 minute, browning on all sides.
- ☐ Place pan in oven; bake at 500 for 12 minutes or until a thermometer registers 155 (slightly pink).
- ☐ Let stand 10 minutes. Thinly slice pork, and serve with sauce.
- ☐ Perfect wines: Sanford Pinot Noir 2001 "Santa Rita Hills" (Santa Barbara County, CA), \$ This wine's beautiful flavors of earth, pomegranate, grenadine, mocha, and cherry preserves come into focus when you serve it with the pork tenderloin and pomegranate sauce. The sauce also mirrors the wine's wonderful silky, plush texture. As a less expensive alternative, consider the Echelon 2002 Pinot Noir from the Central Coast of California, about \$

Nutrition Facts



Properties

Glycemic Index:42.32, Glycemic Load:2.38, Inflammation Score:-3, Nutrition Score:14.874347995157%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 216.27kcal (10.81%), Fat: 5.35g (8.22%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 10.07g (3.66%), Sugar: 8.01g (8.9%), Cholesterol: 81.23mg (27.08%), Sodium: 483.86mg (21.04%), Alcohol: 3.15g (100%), Alcohol %: 1.77% (100%), Protein: 24.94g (49.89%), Vitamin B1: 1.13mg (75.62%), Selenium: 35.05µg (50.08%), Vitamin B6: 0.89mg (44.65%), Vitamin B3: 7.6mg (38.01%), Phosphorus: 283.94mg (28.39%), Vitamin B2: 0.39mg (23.09%), Potassium: 589.7mg (16.85%), Zinc: 2.18mg (14.56%), Vitamin B5: 0.98mg (9.78%), Vitamin B12: 0.58µg (9.74%), Magnesium: 31.96mg (7.99%), Iron: 1.27mg (7.06%), Copper: 0.11mg (5.52%), Manganese: 0.05mg (2.55%), Vitamin E: 0.33mg (2.22%), Vitamin A: 89.03IU (1.78%), Vitamin D: 0.23µg (1.51%), Calcium: 10.1mg (1.01%)