



Pecan-Crusted Pork with Red Onion Marmalade and Roasted Sweet Potatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bacon cut into 1-inch pieces
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup brown sugar divided packed
- ☐ 2 large egg whites lightly beaten
- ☐ 0.5 cup flour all-purpose divided
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 0.3 cup ground pecans

- ☐ 4 teaspoons pecans toasted finely chopped
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 1 pound pork tenderloin
- ☐ 1.5 cups onion red separated sliced
- ☐ 1 tablespoon stick margarine
- ☐ 2 pounds sweet potatoes peeled cut into 1/2-inch-thick slices
- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 cup water

Equipment

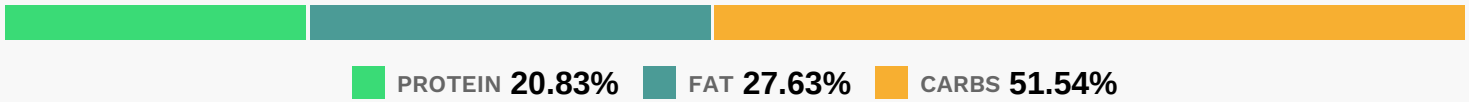
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin
- ☐ measuring cup
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 40
- ☐ Arrange potato slices in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with 2 tablespoons sugar; arrange bacon on top.
- ☐ Bake at 400 for 30 minutes. Turn potatoes over; bake an additional 30 minutes or until tender. Keep warm.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and 2 tablespoons sugar; cook 6 minutes or until onion is tender and lightly browned, stirring frequently. Stir in water, vinegar, and ginger; bring to a boil. Cook 3 minutes, and remove from heat.
- ☐ Trim fat from pork, and cut crosswise into 8 pieces.

- ☐ Place each piece between 2 sheets of heavy-duty plastic wrap, and flatten to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Lightly spoon flour into a dry measuring cup.
- ☐ Place 1/4 cup flour in a shallow dish.
- ☐ Combine 1/4 cup flour, ground pecans, and pepper in a separate shallow dish. Dredge pork in flour, shaking off excess. Dip pork in egg whites; dredge in pecan mixture, coating both sides.
- ☐ Melt butter in pan coated with cooking spray over medium-high heat. Arrange pork in pan in a single layer. Cook 3 minutes on each side or until browned. Top pork with onion mixture; sprinkle with chopped pecans.
- ☐ Serve with sweet potatoes.

Nutrition Facts



Properties

Glycemic Index:69.25, Glycemic Load:33.87, Inflammation Score:-10, Nutrition Score:36.458260981933%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg

Nutrients (% of daily need)

Calories: 632.99kcal (31.65%), Fat: 19.48g (29.97%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 81.76g (27.25%), Net Carbohydrates: 72.24g (26.27%), Sugar: 28.42g (31.58%), Cholesterol: 77.34mg (25.78%), Sodium: 293.61mg (12.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.05g (66.11%), Vitamin A: 32321.54IU (646.43%), Vitamin B1: 1.54mg (102.57%), Vitamin B6: 1.47mg (73.55%), Manganese: 1.4mg (70.21%), Selenium: 46.38µg (66.25%), Vitamin B3: 10.16mg (50.82%), Phosphorus: 466.17mg (46.62%), Vitamin B2: 0.71mg (41.71%), Potassium: 1450.56mg (41.44%), Fiber: 9.52g (38.08%), Copper: 0.66mg (33.13%), Vitamin B5: 3.1mg (31.02%), Magnesium: 118.64mg (29.66%), Zinc: 3.66mg (24.43%), Iron: 3.93mg (21.82%), Folate: 68.71µg (17.18%), Vitamin C: 10.11mg

(12.26%), Calcium: 119.65mg (11.96%), Vitamin B12: 0.64µg (10.6%), Vitamin E: 1.27mg (8.46%), Vitamin K: 7.28µg (6.93%), Vitamin D: 0.36µg (2.41%)