



Pecan-Encrusted Pork with Peaches

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



15

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp pepper black
- 1 Tbsp brown sugar
- 2 cloves garlic minced
- 1 Tbsp honey
- 2 tsp olive oil divided
- 2 medium onions coarsely chopped
- 30 oz peach in syrup light drained canned
- 1 cup planters pecan pieces finely chopped

- 1 lb pork tenderloin boneless trimmed
- 1 tsp salt
- 2 Tbsp tarragon leaves dried

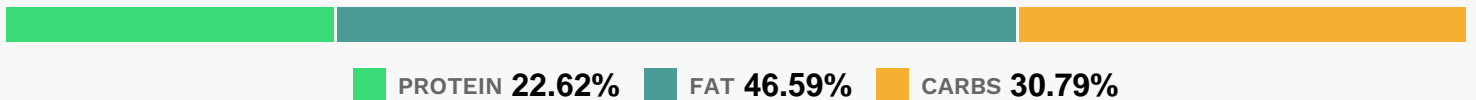
Equipment

- food processor
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 400F
- Place tarragon, brown sugar, honey and garlic in food processor container; cover. Process until mixture forms a thick paste.
- Add 1 tsp. of the oil; cover. Process until well blended.
- Mix in remaining 1 tsp. oil if necessary for spreading consistency.
- Sprinkle salt and pepper over pork. Rub tarragon mixture over pork; roll in pecans to evenly coat all sides.
- Place onions and peaches in foil-lined 13x9-inch baking pan; top with pork. Cover with additional foil.
- Bake 1 hour or until pork is cooked through, removing foil from top of pork for last 10 minutes of baking time.

Nutrition Facts



Properties

Glycemic Index:17.43, Glycemic Load:3.14, Inflammation Score:-3, Nutrition Score:7.8973912726278%

Flavonoids

Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 131.6kcal (6.58%), Fat: 7.12g (10.95%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 8.69g (3.16%), Sugar: 7.6g (8.44%), Cholesterol: 19.66mg (6.55%), Sodium: 179.5mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Vitamin B1: 0.37mg (24.52%), Manganese: 0.46mg (23.07%), Selenium: 10.82µg (15.45%), Vitamin B6: 0.3mg (14.99%), Vitamin B3: 2.62mg (13.11%), Phosphorus: 113.25mg (11.33%), Copper: 0.17mg (8.62%), Vitamin B2: 0.14mg (8.39%), Fiber: 1.89g (7.56%), Potassium: 263.75mg (7.54%), Zinc: 1.08mg (7.23%), Magnesium: 25.61mg (6.4%), Iron: 0.94mg (5.24%), Vitamin C: 3.94mg (4.78%), Vitamin E: 0.67mg (4.49%), Vitamin A: 217.45IU (4.35%), Vitamin B5: 0.43mg (4.27%), Vitamin B12: 0.16µg (2.62%), Vitamin K: 2.6µg (2.48%), Folate: 9.61µg (2.4%), Calcium: 22mg (2.2%)