



Pecan-Encrusted Pork with Peaches

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

READY IN



75 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

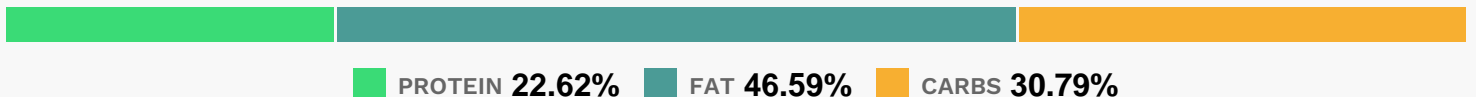
Equipment

- 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:65.38, Glycemic Load:11.79, Inflammation Score:-8, Nutrition Score:29.615651856298%

Flavonoids

Cyanidin: 7.01mg, Cyanidin: 7.01mg, Cyanidin: 7.01mg, Cyanidin: 7.01mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 12.43mg, Catechin: 12.43mg, Catechin: 12.43mg, Catechin: 12.43mg Epigallocatechin: 3.75mg, Epigallocatechin: 3.75mg, Epigallocatechin: 3.75mg, Epigallocatechin: 3.75mg Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg Epigallocatechin 3-gallate: 1.26mg, Epigallocatechin 3-gallate: 1.26mg, Epigallocatechin 3-gallate: 1.26mg, Epigallocatechin 3-gallate: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.59mg, Quercetin: 12.59mg, Quercetin: 12.59mg, Quercetin: 12.59mg

Nutrients (% of daily need)

Calories: 493.5kcal (24.67%), Fat: 26.7g (41.08%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 32.6g (11.86%), Sugar: 28.49g (31.66%), Cholesterol: 73.71mg (24.57%), Sodium: 673.12mg (29.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.34%), Vitamin B1: 1.38mg (91.95%), Manganese: 1.73mg (86.52%), Selenium: 40.56µg (57.94%), Vitamin B6: 1.12mg (56.21%), Vitamin B3: 9.83mg (49.16%), Phosphorus: 424.69mg (42.47%), Copper: 0.65mg (32.32%), Vitamin B2: 0.54mg (31.47%), Fiber: 7.09g (28.35%), Potassium: 989.08mg (28.26%), Zinc: 4.07mg (27.12%), Magnesium: 96.05mg (24.01%), Iron: 3.54mg (19.66%), Vitamin C: 14.78mg (17.92%), Vitamin E: 2.52mg (16.83%), Vitamin A: 815.44IU (16.31%), Vitamin B5: 1.6mg (16.01%), Vitamin B12: 0.59µg (9.83%), Vitamin K: 9.75µg (9.29%), Folate: 36.04µg (9.01%), Calcium: 82.49mg (8.25%), Vitamin D: 0.34µg (2.27%)