



Pepper-crusted Pork Tenderloin with Strawberry-Balsamic Sauce

READY IN



42 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup chicken broth
- ☐ 2 teaspoons rosemary fresh minced
- ☐ 2 green onions chopped
- ☐ 2 pound pork tenderloins trimmed
- ☐ 2 tablespoons brown sugar light
- ☐ 2 teaspoons cracked pepper black
- ☐ 0.3 teaspoon pepper dried red crushed

- ☐ 1 teaspoon salt
- ☐ 1 shallots minced
- ☐ 8 ounces strawberries hulled chopped
- ☐ 0.3 cup balsamic vinegar white

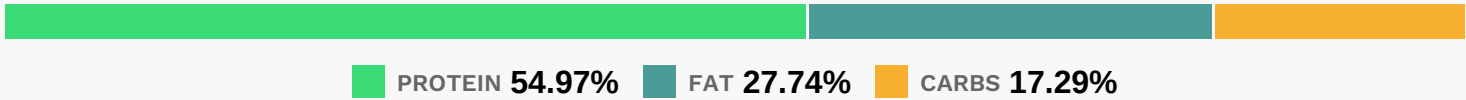
Equipment

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Preheat grill to medium-high heat (350 to 40
- ☐ or grill pan over medium-high heat.
- ☐ Sprinkle pork evenly with rosemary, salt, and pepper. Grill pork, covered, turning once, 15 minutes or until a thermometer inserted in the thickest part of the meat registers 14
- ☐ Cover pork loosely with aluminum foil; let stand 10 minutes before slicing.
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add shallot; cook 1 to 2 minutes or until tender. Stir in chicken stock and next 3 ingredients. Bring mixture to a boil, and cook 1 to 2 minutes, stirring until sugar dissolves. Stir in strawberries, and cook, stirring occasionally, 3 to 5 minutes or until berries soften and mixture thickens slightly. Spoon sauce over sliced pork and rice, if desired.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:2.08, Inflammation Score:-4, Nutrition Score:22.823478284089%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 242.32kcal (12.12%), Fat: 7.27g (11.18%), Saturated Fat: 3.48g (21.73%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 9g (3.27%), Sugar: 7.84g (8.71%), Cholesterol: 108.7mg (36.23%), Sodium: 576.97mg (25.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.41g (64.82%), Vitamin B1: 1.53mg (101.87%), Selenium: 47.02µg (67.17%), Vitamin B6: 1.22mg (60.75%), Vitamin B3: 10.35mg (51.74%), Phosphorus: 391.92mg (39.19%), Vitamin B2: 0.54mg (32.04%), Vitamin C: 23.32mg (28.27%), Potassium: 718.72mg (20.53%), Zinc: 2.98mg (19.89%), Manganese: 0.3mg (15.02%), Vitamin B5: 1.36mg (13.64%), Vitamin B12: 0.78µg (13.05%), Magnesium: 50.64mg (12.66%), Iron: 1.95mg (10.83%), Vitamin K: 10.65µg (10.14%), Copper: 0.18mg (8.94%), Fiber: 1.2g (4.78%), Vitamin E: 0.62mg (4.14%), Vitamin A: 190.92IU (3.82%), Folate: 13.4µg (3.35%), Calcium: 29.7mg (2.97%), Vitamin D: 0.3µg (2.02%)