

Pepperidge Farm® Stuffed Pork Tenderloins en Crouete

 Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 ounce fruit mixed dried coarsely chopped
- 1 eggs
- 0.3 cup flour all-purpose
- 1 large onion chopped
- 2 pound pork tenderloin
- 0.3 cup port wine
- 1 sheet puff pastry pepperidge farm®

- 1 tablespoon vegetable oil
- 1 tablespoon water

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven

Directions

- Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle.
- Heat the oven to 375 degrees F. Lightly grease or line a baking sheet with parchment paper. Stir the egg and water in a small bowl with a fork.
- Heat the oil in a 10-inch skillet over medium heat.
- Add the onion and cook until it's tender. Stir the fruit and wine in the skillet. Cook for 5 minutes or until all the liquid is evaporated.
- Let cool completely.
- Coat the pork with the flour.
- Unfold the pastry sheet on a lightly floured surface.
- Roll the pastry sheet into a 14-inch square.
- Cut the pastry sheet into 2 (14x7-inch) rectangles.
- Spread half of the onion mixture lengthwise on each rectangle. Top each with a pork tenderloin.
- Brush the edges of the pastry with the egg mixture. Fold the pastry over the filling and press the edges together to seal.
- Place seam-side down on the baking sheet. Tuck the ends the pastry rolls under.
- Brush the pastry rolls with the egg mixture.
- Bake for 30 minutes or until the pastry is golden.

Remove the pastry rolls from the baking sheet and let cool for 10 minutes. Slice and serve warm.

Nutrition Facts

PROTEIN 26.51% **FAT 38.87%** **CARBS 34.62%**

Properties

Glycemic Index:23.63, Glycemic Load:14.9, Inflammation Score:-4, Nutrition Score:20.913043486035%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 427.94kcal (21.4%), Fat: 18.19g (27.99%), Saturated Fat: 4.78g (29.85%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 33.11g (12.04%), Sugar: 13.52g (15.02%), Cholesterol: 94.17mg (31.39%), Sodium: 147.14mg (6.4%), Alcohol: 1.15g (100%), Alcohol %: 0.69% (100%), Protein: 27.92g (55.85%), Vitamin B1: 1.31mg (87.31%), Selenium: 45.51µg (65.01%), Vitamin B6: 0.93mg (46.72%), Vitamin B3: 9.27mg (46.37%), Phosphorus: 333.18mg (33.32%), Vitamin B2: 0.55mg (32.14%), Potassium: 680.45mg (19.44%), Manganese: 0.36mg (18.1%), Zinc: 2.59mg (17.28%), Iron: 2.78mg (15.46%), Magnesium: 56.76mg (14.19%), Fiber: 3.35g (13.4%), Vitamin B5: 1.19mg (11.89%), Copper: 0.23mg (11.47%), Vitamin K: 12.03µg (11.46%), Vitamin B12: 0.64µg (10.64%), Folate: 41.8µg (10.45%), Calcium: 58.88mg (5.89%), Vitamin E: 0.71mg (4.72%), Vitamin D: 0.45µg (3%), Vitamin C: 1.69mg (2.04%)