



Plum Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ground allspice
- ☐ 1 tablespoon ground cinnamon
- ☐ 2 pound pork tenderloins trimmed
- ☐ 9.3 ounce plum sauce
- ☐ 2 plums cut into 6 wedges
- ☐ 0.5 cup water

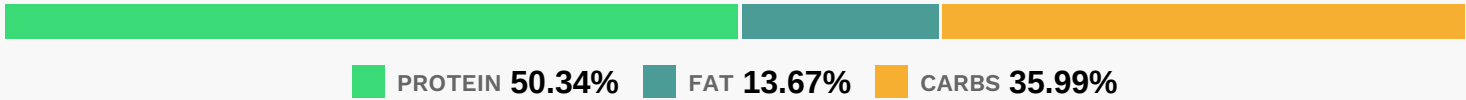
Equipment

- ☐ slow cooker

Directions

- ☐ Combine cinnamon and allspice; rub over pork.
- ☐ Place pork in a 5-quart electric slow cooker coated with cooking spray.
- ☐ Pour plum sauce over pork; add 1/2 cup water and plum wedges. Cover and cook on HIGH for 4 hours or until tender.
- ☐ Serve pork with sauce.
- ☐ Ingredient Tip: Ripe plums yield slightly to the touch, but don't squeeze them.
- ☐ Let the fruit sit in your palm. It should give a little. If you buy firm fruit, don't put it in the refrigerator or the kitchen window--put it in a paper bag in a dark place for a day or two to ripen.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:0.71, Inflammation Score:-2, Nutrition Score:16.244782727698%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 196.28kcal (9.81%), Fat: 2.93g (4.5%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 16.18g (5.88%), Sugar: 1.66g (1.84%), Cholesterol: 73.71mg (24.57%), Sodium: 238.82mg (10.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.5%), Vitamin B1: 1.14mg (76.22%), Selenium: 35.11µg (50.16%), Vitamin B6: 0.91mg (45.74%), Vitamin B3: 8.02mg (40.09%), Phosphorus: 291.47mg (29.15%), Vitamin B2: 0.42mg (24.75%), Potassium: 575.86mg (16.45%), Zinc: 2.25mg (15%), Manganese: 0.26mg (12.99%), Vitamin B5: 1mg (10.05%), Iron: 1.75mg (9.7%), Vitamin B12: 0.58µg (9.64%), Magnesium: 37.49mg (9.37%), Copper: 0.15mg (7.35%), Fiber: 1.15g (4.62%), Calcium: 26.04mg (2.6%), Vitamin C: 2.06mg (2.5%), Vitamin E: 0.32mg (2.1%), Vitamin

A: 78.1IU (1.56%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.37µg (1.3%)