



HEALTH SCORE

61%

Porcini Pork Tenderloin



Gluten Free



Very Healthy

READY IN



225 min.

SERVINGS



6

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings coarse salt and ground pepper black to taste
- ☐ 0.5 cup cognac
- ☐ 0.5 cup porcini mushrooms dried
- ☐ 0.5 cup olive oil extra virgin
- ☐ 4 cloves garlic minced
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup herbs de provence
- ☐ 2 tablespoons honey

- ☐ 1 juice of lemon juiced
- ☐ 3 pounds pork tenderloin
- ☐ 3 shallots thinly sliced
- ☐ 0.3 cup butter unsalted chilled cut into small cubes
- ☐ 1 cup water boiling

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ measuring cup

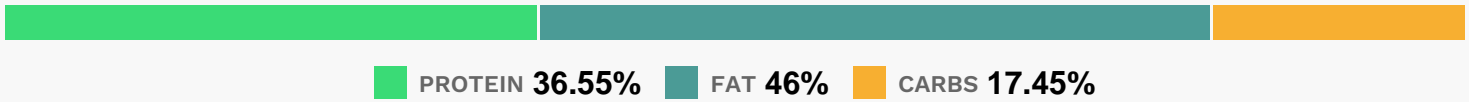
Directions

- ☐ In a large measuring cup, mix together olive oil, herbes de Provence, and garlic.
- ☐ Place tenderloin in a large, rectangular baking pan.
- ☐ Pour olive oil mixture over meat, and turn to coat. Cover, and refrigerate for 3 hours.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Soak mushrooms in boiling hot water for 10 minutes to rehydrate.
- ☐ Heat a large skillet over high heat.
- ☐ Remove meat from marinade, and discard any remaining marinade.
- ☐ Place meat in hot pan, and brown evenly. Return meat to baking dish.
- ☐ Cook tenderloin in preheated oven about 15 to 20 minutes, or until the internal temperature of the meat is 145 degrees F (63 degrees C).
- ☐ Remove from oven, and allow it to rest for 5 minutes before slicing.
- ☐ Meanwhile, combine the water in which the mushrooms were soaked, cognac, lemon juice, and shallots in a saucepan. Cook over medium heat until liquid is almost gone.
- ☐ Pour in the cream. Bring to a boil, and then reduce heat to medium-low. Chop mushrooms, and stir into the sauce. Continue cooking until the sauce thickens. Stir in the butter and honey. Season to taste with salt and pepper.

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Serve over sliced tenderloin.

Nutrition Facts



Properties

Glycemic Index:26.55, Glycemic Load:3.72, Inflammation Score:-8, Nutrition Score:48.38347853785%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 581.36kcal (29.07%), Fat: 27.96g (43.02%), Saturated Fat: 13.15g (82.16%), Carbohydrates: 23.87g (7.96%), Net Carbohydrates: 15.81g (5.75%), Sugar: 7.85g (8.72%), Cholesterol: 190.16mg (63.39%), Sodium: 139.91mg (6.08%), Alcohol: 6.68g (100%), Alcohol %: 2.22% (100%), Protein: 49.99g (99.97%), Vitamin K: 341.79µg (325.51%), Vitamin B1: 2.35mg (156.92%), Iron: 26.89mg (149.36%), Selenium: 71.89µg (102.7%), Vitamin B6: 1.95mg (97.28%), Manganese: 1.7mg (85.16%), Vitamin B3: 16.37mg (81.83%), Phosphorus: 623.57mg (62.36%), Vitamin B2: 0.92mg (54.25%), Calcium: 412.48mg (41.25%), Zinc: 5.8mg (38.66%), Potassium: 1169.02mg (33.4%), Fiber: 8.06g (32.24%), Magnesium: 113.4mg (28.35%), Copper: 0.53mg (26.39%), Vitamin A: 1283.17IU (25.66%), Vitamin B5: 2.53mg (25.31%), Vitamin B12: 1.23µg (20.45%), Vitamin E: 2.91mg (19.39%), Vitamin C: 13.65mg (16.55%), Folate: 64.37µg (16.09%), Vitamin D: 1.23µg (8.2%)