



Pork Loin with Apple-Cranberry Chutney



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 cups apples cored peeled sliced
- ☐ 2 slices bacon sliced into 3/ pieces reduced-sodium
- ☐ 2.5 pound pork loin boneless
- ☐ 1 cup cranberries fresh
- ☐ 1 small sprig rosemary fresh
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 medium leek halved lengthwise sliced into 1/2-inch-thick pieces (1 cup)

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup water

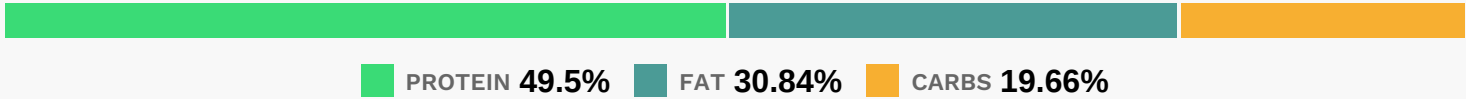
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 40
- ☐ Heat oil in a large nonstick skillet over medium-high heat until hot. Season pork with salt and pepper.
- ☐ Add pork to skillet, turning to brown on all sides, about 8 minutes.
- ☐ Transfer to a baking sheet (reserve skillet); roast 45-55 minutes or until an instant-read thermometer registers 15
- ☐ Remove from oven; transfer pork to a plate.
- ☐ Meanwhile, add bacon to skillet; cook over medium heat until bacon begins to crisp and fat has been released, about 3-4 minutes.
- ☐ Add leek and cook, stirring, until tender (about 8 minutes).
- ☐ Add apples, cranberries, honey, rosemary, lemon juice, and water. Bring to a boil; reduce heat and simmer, partially covered, for 30 minutes or until apples and cranberries partially break down and sauce thickens. Discard rosemary. Slice and serve pork with chutney and green beans or broccoli.

Nutrition Facts



Properties

Glycemic Index:24.16, Glycemic Load:4.04, Inflammation Score:-4, Nutrition Score:16.683478184368%

Flavonoids

Cyanidin: 6.66mg, Cyanidin: 6.66mg, Cyanidin: 6.66mg, Cyanidin: 6.66mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.16mg, Peonidin: 6.16mg, Peonidin: 6.16mg, Peonidin: 6.16mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 4.66mg, Epicatechin: 4.66mg, Epicatechin: 4.66mg, Epicatechin: 4.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 268.42kcal (13.42%), Fat: 9.09g (13.98%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 11.04g (4.01%), Sugar: 8.86g (9.84%), Cholesterol: 92.93mg (30.98%), Sodium: 182.21mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.82g (65.64%), Selenium: 40.52µg (57.88%), Vitamin B6: 1.14mg (57.1%), Vitamin B1: 0.66mg (44.07%), Vitamin B3: 8.48mg (42.39%), Phosphorus: 338.5mg (33.85%), Potassium: 633.8mg (18.11%), Zinc: 2.67mg (17.81%), Vitamin B2: 0.29mg (17.12%), Vitamin B12: 0.75µg (12.51%), Vitamin B5: 1.18mg (11.78%), Magnesium: 44.5mg (11.12%), Fiber: 1.99g (7.96%), Vitamin C: 6.34mg (7.69%), Vitamin K: 7.76µg (7.39%), Manganese: 0.14mg (6.94%), Iron: 1.14mg (6.34%), Copper: 0.12mg (6.17%), Vitamin E: 0.72mg (4.81%), Vitamin A: 225.34IU (4.51%), Vitamin D: 0.59µg (3.93%), Folate: 9.34µg (2.33%), Calcium: 19.14mg (1.91%)