



Pork Loin with Pinot Noir Sauce

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 slices applewood bacon smoked thick-cut divided
- 2 cups demi-glace
- 8 servings kosher salt and freshly cracked pepper black
- 0.8 cup pinot noir wine
- 2 pounds pork tenderloin
- 0.3 cup shallots finely chopped

Equipment

- frying pan

- paper towels
- oven
- toothpicks
- skewers

Directions

- Preheat the oven to 425 degrees F.
- Slice each tenderloin crosswise into 4 equal pieces. Wrap 1 piece of bacon around the pork and secure with toothpick or wooden skewer. Repeat with the remaining pork and bacon.
- Sprinkle with pepper.
- Heat a large cast-iron skillet over moderately-high heat, add the pork and cook until golden brown, turning once, about 6 minutes total.
- Transfer the skillet to the oven and cook until no longer pink in the middle and the bacon is golden and crispy, 8 to 10 minutes.
- In a large skillet over moderate heat, cook the remaining bacon until crispy, 12 to 15 minutes.
- Remove the bacon and drain on paper towels. Keeping the fat in the pan over moderate heat, add the shallots to the pan and cook until softened, about 5 minutes.
- Add the demi-glace and wine and bring to a boil, reduce the heat and simmer until slightly thickened, about 15 minutes. Season with salt and pepper.
- Serve the pork with generous drizzle of the pinot noir sauce.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:16.634347728899%

Nutrients (% of daily need)

Calories: 435.1kcal (21.75%), Fat: 17.59g (27.06%), Saturated Fat: 5g (31.23%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 17.84g (6.49%), Sugar: 5.91g (6.56%), Cholesterol: 91.86mg (30.62%), Sodium: 1618.63mg (70.38%), Alcohol: 2.3g (100%), Alcohol %: 1.27% (100%), Protein: 43.06g (86.11%), Vitamin B1: 1.19mg (79.59%), Selenium: 39.98µg (57.11%), Vitamin B6: 0.97mg (48.31%), Vitamin B3: 8.62mg (43.08%), Phosphorus: 319.59mg (31.96%),

Vitamin B2: 0.41mg (23.88%), Iron: 3.2mg (17.75%), Zinc: 2.48mg (16.5%), Potassium: 524.84mg (15%), Vitamin B12: 0.73µg (12.12%), Vitamin B5: 1.12mg (11.23%), Magnesium: 35.48mg (8.87%), Copper: 0.12mg (5.96%), Vitamin D: 0.45µg (3%), Vitamin E: 0.37mg (2.47%), Manganese: 0.04mg (2.05%), Calcium: 11.03mg (1.1%)