

Pork Tenderloin



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup apple jelly
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking sherry dry
- ☐ 2 tablespoons cooking sherry dry
- ☐ 2 tablespoons ginger root fresh minced
- ☐ 3 cloves garlic minced
- ☐ 0.1 teaspoon ground mustard to taste
- ☐ 2.5 pounds pork tenderloin

- ☐ 0.5 cup soya sauce
- ☐ 1 tablespoon soya sauce

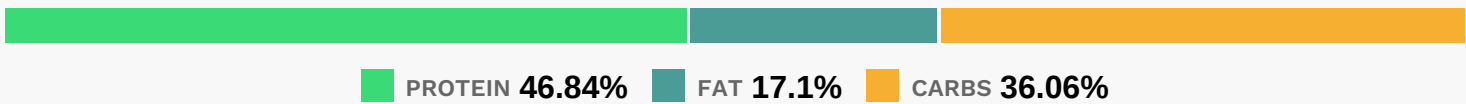
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Rub meat with the mustard powder and thyme to taste.
- ☐ Place in a nonreactive dish and add 1/2 cup sherry, 1/2 cup soy sauce, the garlic and the ginger. Coat the loin well, cover and refrigerate overnight.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Bake in the preheated oven for 25 minutes per pound, or until the internal temperature reaches 145 degrees F (63 degrees C). Baste the pork occasionally while cooking.
- ☐ Meanwhile, heat the apple jelly in a small saucepan over medium heat.
- ☐ Add 2 tablespoons sherry and 1 tablespoon soy sauce, stir well, reduce heat to low and let simmer.
- ☐ Pour over the tenderloin when it's done.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:16.3, Inflammation Score:-4, Nutrition Score:25.153912857823%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 383.22kcal (19.16%), Fat: 6.77g (10.41%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 31.38g (11.41%), Sugar: 21.29g (23.66%), Cholesterol: 122.85mg (40.95%), Sodium: 1361.24mg (59.18%), Alcohol: 2.58g (100%), Alcohol %: 1.15% (100%), Protein: 41.7g (83.4%), Vitamin B1: 1.88mg (125.41%), Selenium: 58.64µg (83.77%), Vitamin B6: 1.53mg (76.71%), Vitamin B3: 13.45mg (67.24%), Phosphorus: 504.35mg (50.43%), Vitamin B2: 0.71mg (41.74%), Zinc: 3.71mg (24.77%), Potassium: 856.75mg (24.48%), Vitamin B5: 1.7mg (17%), Magnesium: 65.74mg (16.44%), Vitamin B12: 0.98µg (16.38%), Iron: 2.71mg (15.05%), Copper: 0.25mg (12.6%), Manganese: 0.22mg (10.86%), Vitamin C: 4.34mg (5.26%), Vitamin D: 0.57µg (3.78%), Vitamin E: 0.48mg (3.18%), Calcium: 30.15mg (3.01%), Fiber: 0.74g (2.95%), Folate: 9.37µg (2.34%)