



## Pork Tenderloin Agrodolce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 1 pound cipollini onions peeled
- 6 garlic clove
- 0.5 cup olive green
- 1 teaspoon kosher salt divided
- 2 pound pork tenderloins trimmed
- 0.3 cup beef broth fat-free

- 2 tablespoons olive oil
- 2 tablespoons sugar
- 0.5 cup cherries dried sweet
- 3 thyme sprigs

## Equipment

- frying pan
- sauce pan
- oven
- kitchen thermometer

## Directions

- Preheat oven to 50
- Combine first 8 ingredients in a medium saucepan; stir in 1/2 teaspoon salt. Bring to a boil. Cover, reduce heat to medium-low, and cook 45 minutes or until onions are almost tender, stirring occasionally. Uncover, increase heat to medium-high, and cook 7 minutes or until thick, stirring frequently.
- Heat oil in a large cast-iron skillet over medium-high heat.
- Sprinkle pork evenly with remaining 1/2 teaspoon salt and pepper.
- Add pork to pan, and cook 1 minute. Turn pork over.
- Place pan in oven; bake at 500 for 12 minutes or until a thermometer registers 155 (slightly pink).
- Remove from oven; let stand 10 minutes. Slice pork crosswise into 1/2-inch-thick slices.
- Serve with sauce.
- Wine note: With the subtle fragrances of black tea and the charred embers of a warm fire, Cantina Zaccagnini Montepulciano d'Abruzzo 2007, il vino "dal tralcetto" (\$14), keeps up with both the sweet and sour notes in this dish. --Alexander Spacher

## Nutrition Facts



## Properties

Glycemic Index:31.76, Glycemic Load:5.54, Inflammation Score:-7, Nutrition Score:17.368260787881%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg

## Nutrients (% of daily need)

Calories: 250.65kcal (12.53%), Fat: 7.34g (11.29%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 17.03g (6.19%), Sugar: 12.96g (14.4%), Cholesterol: 73.71mg (24.57%), Sodium: 505.68mg (21.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.42g (50.84%), Vitamin B1: 1.16mg (77.63%), Selenium: 35.63µg (50.9%), Vitamin B6: 0.98mg (49.07%), Vitamin B3: 7.69mg (38.45%), Phosphorus: 305.45mg (30.55%), Vitamin B2: 0.41mg (24.04%), Potassium: 593.68mg (16.96%), Zinc: 2.3mg (15.32%), Vitamin B5: 1.05mg (10.48%), Magnesium: 41.47mg (10.37%), Vitamin B12: 0.58µg (9.64%), Iron: 1.71mg (9.48%), Manganese: 0.18mg (9.12%), Fiber: 2.09g (8.35%), Copper: 0.15mg (7.57%), Vitamin E: 1.09mg (7.26%), Vitamin C: 5.5mg (6.66%), Vitamin A: 321.94IU (6.44%), Calcium: 42.76mg (4.28%), Folate: 11.28µg (2.82%), Vitamin K: 2.69µg (2.57%), Vitamin D: 0.23µg (1.51%)