



Pork Tenderloin Madeira

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

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 0.5 pound apples i use 2 granny smith apples peeled sliced
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.5 cup madeira wine dry
- ☐ 1 teaspoon olive oil divided
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup shallots minced
- ☐ 2 teaspoons whole-grain dijon mustard

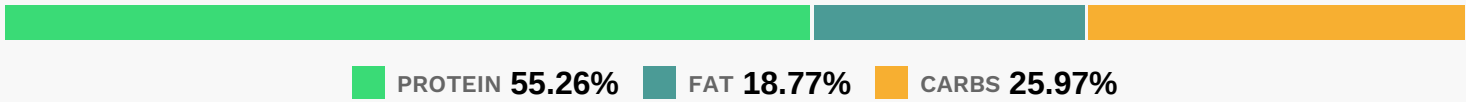
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ stove

Directions

- ☐ Preheat oven to 42
- ☐ Rub pork with 1/2 teaspoon oil, thyme, salt, and pepper.
- ☐ Heat the remaining 1/2 teaspoon oil in a large, heavy ovenproof skillet over high heat.
- ☐ Add pork; cook 5 minutes, browning on all sides.
- ☐ Add apple to skillet. Insert meat thermometer into thickest portion of pork; bake at 425 for 17 minutes or until thermometer registers 160 (slightly pink).
- ☐ Remove pork from skillet; keep warm. Return skillet to stove top; stir in Madeira, broth, and shallots. Bring to a boil; cook until reduced to 1 cup (about 2 minutes). Stir in mustard. Slice pork into 1/4-inch-thick slices.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:2.83, Inflammation Score:-5, Nutrition Score:16.953478173069%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.43mg, Epicatechin:

4.43mg, Epicatechin: 4.43mg, Epicatechin: 4.43mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 200.41kcal (10.02%), Fat: 3.7g (5.7%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 9.45g (3.44%), Sugar: 7.41g (8.23%), Cholesterol: 73.71mg (24.57%), Sodium: 440.33mg (19.14%), Alcohol: 3.09g (100%), Alcohol %: 1.68% (100%), Protein: 24.52g (49.04%), Vitamin B1: 1.16mg (77.24%), Selenium: 36.32µg (51.88%), Vitamin B6: 0.98mg (48.79%), Vitamin B3: 7.8mg (38.99%), Phosphorus: 305.63mg (30.56%), Vitamin B2: 0.42mg (24.46%), Potassium: 596.74mg (17.05%), Zinc: 2.3mg (15.3%), Vitamin B5: 1.08mg (10.78%), Magnesium: 41.75mg (10.44%), Vitamin B12: 0.61µg (10.11%), Iron: 1.76mg (9.79%), Manganese: 0.17mg (8.73%), Fiber: 2.07g (8.3%), Copper: 0.14mg (7.06%), Vitamin K: 5.75µg (5.48%), Vitamin C: 3.89mg (4.72%), Vitamin E: 0.53mg (3.51%), Calcium: 24.23mg (2.42%), Folate: 7.9µg (1.98%), Vitamin D: 0.23µg (1.51%)