



Pork Tenderloin Medallions With Cherry-Apple Chutney

 Gluten Free

READY IN



21 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cherries dried sweetened
- ☐ 0.8 cup cherry preserves
- ☐ 2 tablespoons chili sauce
- ☐ 1.5 cups granny smith apples diced peeled
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1.5 lb pork tenderloin
- ☐ 0.5 teaspoon salt coarse-grain

- ☐ 0.5 cup onion diced sweet
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 teaspoon worcestershire sauce

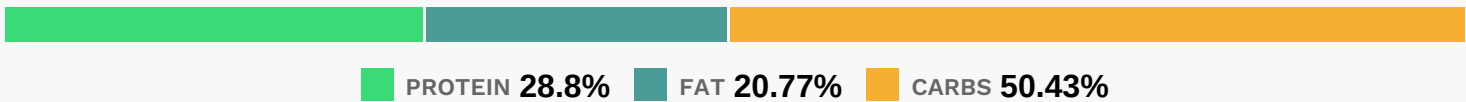
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Pat pork tenderloin dry with paper towels, and sprinkle with salt and pepper. Coat a roasting rack with cooking spray, and place in a roasting pan coated with cooking spray.
- ☐ Place tenderloin on rack.
- ☐ Bake, on middle oven rack, at 375 for 25 minutes or until a meat thermometer inserted into thickest portion of pork tenderloin registers 16
- ☐ Melt 2 Tbsp. butter in a small saucepan over medium-high heat; add 1/2 cup diced onion, and saut 3 minutes or until golden and tender. Reduce heat to medium, and stir in diced apples and next 4 ingredients. Cook, stirring occasionally, 3 minutes or until apples are slightly softened.
- ☐ Cut pork diagonally into 1-inch-thick medallions, and arrange on a serving platter; spoon Cherry-Apple Chutney over pork.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:25.51, Inflammation Score:-6, Nutrition Score:24.709130598151%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 518.59kcal (25.93%), Fat: 11.85g (18.24%), Saturated Fat: 5.63g (35.19%), Carbohydrates: 64.75g (21.58%), Net Carbohydrates: 61.07g (22.21%), Sugar: 45.72g (50.8%), Cholesterol: 125.61mg (41.87%), Sodium: 515.1mg (22.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.99g (73.97%), Vitamin B1: 1.7mg (113.64%), Selenium: 53.08µg (75.83%), Vitamin B6: 1.37mg (68.61%), Vitamin B3: 11.47mg (57.33%), Phosphorus: 442.43mg (44.24%), Vitamin B2: 0.65mg (38.05%), Potassium: 830.34mg (23.72%), Zinc: 3.29mg (21.92%), Vitamin A: 794.68IU (15.89%), Vitamin B5: 1.5mg (14.96%), Vitamin B12: 0.9µg (14.94%), Fiber: 3.68g (14.7%), Iron: 2.44mg (13.58%), Magnesium: 54.19mg (13.55%), Copper: 0.25mg (12.75%), Vitamin C: 10.02mg (12.15%), Manganese: 0.11mg (5.69%), Vitamin E: 0.85mg (5.66%), Calcium: 48.67mg (4.87%), Vitamin D: 0.62µg (4.1%), Folate: 14.01µg (3.5%), Vitamin K: 2.39µg (2.27%)