



Pork Tenderloin Paprikash with Egg Noodles

READY IN



45 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 cup chicken stock see unsalted (such as Swanson)
- ☐ 1 tablespoon cider vinegar
- ☐ 0.5 cup cooking wine dry white
- ☐ 6 ounces extra wide egg noodles uncooked
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 teaspoons garlic chopped
- ☐ 1 cup bell pepper green chopped

- ☐ 1 pound pork tenderloin trimmed cut into 1-inch pieces
- ☐ 3 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 5 teaspoons olive oil divided
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon paprika hot
- ☐ 0.5 teaspoon salt divided
- ☐ 2 tablespoons tomato paste

Equipment

- ☐ frying pan

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat; drain.
- ☐ Sprinkle pork with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 2 teaspoons oil; swirl to coat.
- ☐ Add pork; cook 4 minutes, browning on all sides.
- ☐ Remove pork from pan. Reduce heat to medium.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add onion, bell pepper, garlic, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper; saut 4 minutes or until vegetables are tender.
- ☐ Add flour, tomato paste, thyme, and paprika; saut 30 seconds.
- ☐ Add wine; cook 1 minute, scraping pan to loosen browned bits.
- ☐ Add stock and vinegar; bring to a boil.
- ☐ Add pork; reduce heat, and simmer 5 minutes or until pork is tender.
- ☐ Remove pan from heat; stir in sour cream.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:17.01, Inflammation Score:-9, Nutrition Score:28.503043485724%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.04mg, Quercetin: 13.04mg, Quercetin: 13.04mg, Quercetin: 13.04mg

Nutrients (% of daily need)

Calories: 446.76kcal (22.34%), Fat: 11.31g (17.4%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 46.63g (15.54%), Net Carbohydrates: 42.81g (15.57%), Sugar: 6.56g (7.29%), Cholesterol: 114.38mg (38.13%), Sodium: 522.26mg (22.71%), Alcohol: 3.09g (100%), Alcohol %: 1.04% (100%), Protein: 33.56g (67.12%), Selenium: 72.32µg (103.32%), Vitamin B1: 1.32mg (87.89%), Vitamin B6: 1.23mg (61.62%), Vitamin B3: 10.25mg (51.24%), Vitamin C: 37.62mg (45.59%), Phosphorus: 451.2mg (45.12%), Manganese: 0.67mg (33.59%), Vitamin B2: 0.56mg (32.96%), Potassium: 924.15mg (26.4%), Zinc: 3.41mg (22.7%), Magnesium: 78.18mg (19.54%), Copper: 0.36mg (18.03%), Iron: 3.08mg (17.1%), Fiber: 3.83g (15.3%), Vitamin B5: 1.53mg (15.26%), Vitamin B12: 0.74µg (12.32%), Vitamin E: 1.82mg (12.11%), Vitamin A: 590.24IU (11.8%), Folate: 40.13µg (10.03%), Vitamin K: 8.26µg (7.87%), Calcium: 66.2mg (6.62%), Vitamin D: 0.37µg (2.48%)