



Pork Tenderloin, Pear, and Cranberry Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 anjou pear red ripe thinly sliced
- ☐ 6 cups baby spinach leaves
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 0.8 teaspoon brown sugar
- ☐ 1 tablespoon cider vinegar
- ☐ 0.3 cup cranberry juice cocktail
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup cranberries dried

- ☐ 1.3 teaspoons thyme leaves dried divided
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 teaspoons garlic fresh divided minced
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.3 cup olive oil divided
- ☐ 0.8 teaspoon salt divided
- ☐ 0.3 cup shallots sliced

Equipment

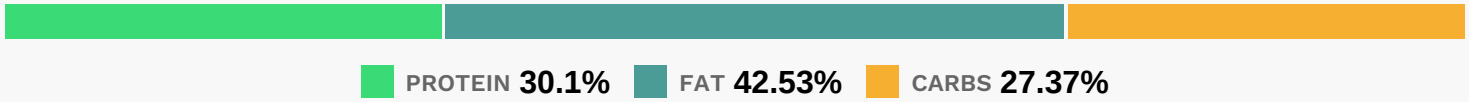
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine vinegar, mustard, sugar, 1/2 teaspoon garlic, and 1/4 teaspoon thyme; set aside.
- ☐ Combine pork and remaining 1 teaspoon garlic, remaining 1 teaspoon thyme, 1/2 teaspoon salt, and 1/2 teaspoon pepper; toss well to coat.
- ☐ Sprinkle pork mixture with flour; toss well.
- ☐ Let stand 5 minutes.
- ☐ Heat 1 tablespoon oil in a medium saucepan over medium heat.
- ☐ Add shallots to saucepan; cook 3 minutes or until shallots are tender and lightly browned, stirring occasionally.
- ☐ Add cranberries and juice; cook until liquid is reduced to 2 tablespoons (about 2 minutes). Reduce heat to medium-low.
- ☐ Add vinegar mixture; cook 1 minute. Gradually add 1 tablespoon oil, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper, stirring well with a whisk. Cover and keep warm.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of pork to skillet; cook 3 minutes or until browned, turning once.

- ☐
- Remove pork from skillet. Repeat procedure with remaining 1 tablespoon oil and remaining pork. Toss pork with 1 tablespoon warm cranberry mixture.
- ☐
- Combine spinach and pear in a large bowl.
- ☐
- Drizzle with remaining cranberry mixture; toss well to coat. Arrange about 2 cups spinach mixture on each of 4 plates; top evenly with pork.

Nutrition Facts



Properties

Glycemic Index:91.94, Glycemic Load:6.31, Inflammation Score:-10, Nutrition Score:31.300869454508%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 342.71kcal (17.14%), Fat: 16.43g (25.28%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 20.17g (7.33%), Sugar: 13.86g (15.4%), Cholesterol: 73.71mg (24.57%), Sodium: 549.52mg (23.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.17g (52.33%), Vitamin K: 234.31µg (223.15%), Vitamin A: 4247.55IU (84.95%), Vitamin B1: 1.22mg (81.2%), Selenium: 37.58µg (53.68%), Vitamin B6: 1.06mg (52.76%), Vitamin B3: 8.31mg (41.56%), Phosphorus: 325.79mg (32.58%), Manganese: 0.65mg (32.29%), Vitamin B2: 0.51mg (30.12%), Vitamin C: 22.96mg (27.83%), Folate: 103.35µg (25.84%), Potassium: 832.38mg (23.78%), Vitamin E: 3.39mg (22.63%), Magnesium: 76.15mg (19.04%), Iron: 3.36mg (18.68%), Zinc: 2.57mg (17.14%), Fiber: 3.63g (14.53%), Copper: 0.23mg (11.74%), Vitamin B5: 1.11mg (11.11%), Vitamin B12: 0.58µg (9.64%), Calcium: 73.1mg (7.31%), Vitamin D: 0.23µg (1.51%)