



Pork Tenderloin Sandwiches With Cranberry-Coriander Conserve

READY IN



23 min.

SERVINGS



15

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 15 servings butter melted
- ☐ 15 servings cranberries
- ☐ 8 teaspoons coriander seeds divided
- ☐ 33 ounce dinner rolls frozen
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons kosher salt
- ☐ 0.3 cup olive oil

- ☐ 4 pounds pork tenderloin boneless
- ☐ 2 teaspoons pepper dried red crushed

Equipment

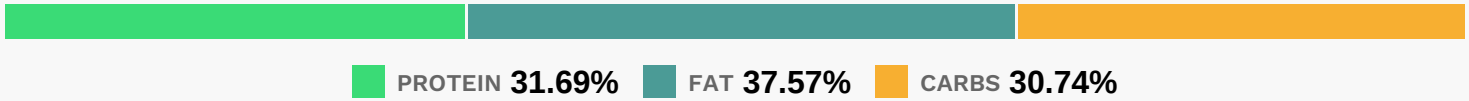
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ rolling pin
- ☐ mortar and pestle
- ☐ meat tenderizer

Directions

- ☐ Thaw dinner rolls according to package directions.
- ☐ Preheat oven to 37
- ☐ Cook coriander seeds in a hot skillet over medium-high heat, stirring constantly, 2 to 3 minutes or until seeds are toasted and fragrant.
- ☐ Pulse coriander seeds in an electric spice or coffee grinder until crushed. (If you don't have a grinder, use a mortar and pestle, or place coriander seeds in a zip-top plastic bag, seal, and pound seeds with a meat mallet or rolling pin until crushed.) Reserve 2 teaspoons crushed coriander for Cranberry-Coriander Conserve.
- ☐ Stir together remaining crushed coriander, olive oil, and next 4 ingredients.
- ☐ Place pork on a lightly greased rack in a broiling pan. Rub all sides of pork with spice mixture.
- ☐ Place pork in preheated oven. Increase heat to 450, and bake 25 minutes or until a meat thermometer registers 15
- ☐ Remove pork from oven, and reduce heat to 35
- ☐ Cover pork loosely with aluminum foil, and let stand 15 minutes or until thermometer registers 16

- ☐
- Brush thawed dinner rolls with melted butter; sprinkle evenly with poppy or sesame seeds, if desired.
- ☐
- Bake rolls at 350 for 15 to 20 minutes or until golden.
- ☐
- Cut pork into 1/4-inch slices, and serve with Cranberry–Coriander Conserve and dinner rolls.
- ☐
- *3 teaspoons store-bought ground coriander may be substituted. Omit toasting and crushing steps. Reserve 3/4 teaspoon for Cranberry–Coriander Conserve; use remaining as directed.
- ☐
- Note: For testing purposes only, we used Sister Schubert's Parker House Style frozen yeast rolls.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:23.825652535843%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 388.32kcal (19.42%), Fat: 16.12g (24.8%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 29.68g (9.89%), Net Carbohydrates: 26.68g (9.7%), Sugar: 1.09g (1.21%), Cholesterol: 89.37mg (29.79%), Sodium: 1357.14mg (59.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.59g (61.19%), Vitamin B1: 1.46mg (97.5%), Selenium: 57.63µg (82.33%), Vitamin B3: 10.6mg (52.99%), Vitamin B6: 0.98mg (49%), Phosphorus: 366.14mg (36.61%), Manganese: 0.71mg (35.36%), Vitamin B2: 0.59mg (34.47%), Iron: 3.74mg (20.78%), Zinc: 2.9mg (19.34%), Potassium: 572.19mg (16.35%), Magnesium: 59.93mg (14.98%), Calcium: 129.19mg (12.92%), Vitamin B5: 1.25mg (12.52%), Fiber: 2.99g (11.97%), Copper: 0.22mg (10.92%), Vitamin B12: 0.64µg (10.62%), Folate: 37.69µg (9.42%), Vitamin E: 1.25mg (8.31%), Vitamin K: 4.76µg (4.53%), Vitamin A: 209.46IU (4.19%), Vitamin D: 0.36µg (2.42%)