



Pork Tenderloin Steaks with Wilted Cabbage and Apples

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 small grain dinner rolls whole
- 0.3 teaspoon thyme leaves dried
- 0.5 cup parsley leaves fresh
- 4 servings kosher salt and pepper black freshly ground
- 1.3 pounds pork tenderloin trimmed
- 1 tablespoon brown sugar light packed
- 0.3 cup chicken broth low-sodium

- 2 tablespoons olive oil
- 1 apples green red
- 2 tablespoons red wine vinegar

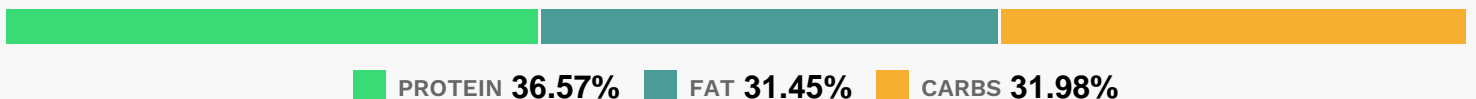
Equipment

- bowl
- frying pan

Directions

- Slice the pork tenderloin at a long angle into 4 "steaks" and sprinkle with the thyme and a total of 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Heat the oil in a large skillet over medium-high heat until very hot, but not smoking.
- Add the steaks to the skillet and cook, turning once, until well browned and just a bit pink in the center, about 7 minutes per side. Turn the heat down to medium if the skillet starts to get too dark. Put each steak on a plate to rest.
- While the steaks cook, core and slice the apple and thinly slice the cabbage. Stir together the broth, vinegar and sugar in a small bowl.
- When the pork has finished cooking, add the cabbage, apples, 1/4 teaspoon salt and 1/4 teaspoon pepper to the same skillet. Cook, tossing, until slightly wilted, 2 to 3 minutes.
- Add the broth mixture and continue to cook until the cabbage is tender and the liquid has reduced slightly, 2 to 3 minutes.
- Remove from the heat and stir in the parsley leaves. Season with additional salt and pepper.
- Divide the cabbage and apples and any juices in the skillet among the plates with the steaks.
- Serve with a roll.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.74, Inflammation Score:-7, Nutrition Score:29.996086809946%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 375.74kcal (18.79%), Fat: 13.02g (20.03%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 26.76g (9.73%), Sugar: 8.43g (9.36%), Cholesterol: 92.14mg (30.71%), Sodium: 311.16mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.05g (68.11%), Vitamin K: 130.61µg (124.39%), Vitamin B1: 1.62mg (107.7%), Selenium: 57.9µg (82.71%), Vitamin B6: 1.16mg (58.14%), Vitamin B3: 11.57mg (57.87%), Phosphorus: 409.62mg (40.96%), Vitamin B2: 0.63mg (36.84%), Manganese: 0.51mg (25.61%), Zinc: 3.19mg (21.25%), Potassium: 726.77mg (20.76%), Iron: 3.65mg (20.26%), Magnesium: 60.8mg (15.2%), Vitamin C: 12.14mg (14.71%), Vitamin B5: 1.42mg (14.19%), Vitamin A: 659.29IU (13.19%), Vitamin B12: 0.74µg (12.29%), Fiber: 3.02g (12.09%), Copper: 0.23mg (11.35%), Vitamin E: 1.62mg (10.79%), Calcium: 101.07mg (10.11%), Folate: 38.78µg (9.7%), Vitamin D: 0.28µg (1.89%)