



Pork Tenderloin Stuffed with Apples and Dried Fruit

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- 0.5 cup chicken stock see low-sodium canned
- 0.5 cup fruit mixed dried such as golden raisins, cranberries, apricots and prunes coarsely chopped
- 0.3 cup full-bodied wine dry red
- 1 granny smith apple-peeled cored thinly sliced
- 0.3 cup onion finely chopped
- 1 pound pork tenderloin
- 4 servings salt and pepper freshly ground

- 1 teaspoon butter unsalted
- 1 teaspoon vegetable oil
- 3 tablespoons water

Equipment

- bowl
- frying pan
- oven
- toothpicks
- wooden spoon
- cutting board

Directions

- In a small bowl, mix the dried fruit with the wine. Melt the butter in a large ovenproof skillet.
- Add the apple and cook over moderate heat for 3 minutes.
- Add the onion and cook, stirring, until softened, about 7 minutes.
- Add the water as the pan dries out.
- Drain the dried fruit, reserving the wine. Stir the dried fruit into the apple and onion in the skillet and season with salt and pepper.
- Transfer to a plate to cool. Coarsely chop 1/2 cup of the fruit mixture and reserve it for making the sauce. Wipe out the skillet.
- Preheat the oven to 42
- Insert a sharpening steel or the handle of a wooden spoon into the thick end of the tenderloin. Carefully push the steel through the tenderloin and roll the meat to widen the hole slightly. Stuff the tenderloin with the fruit mixture and seal the ends with toothpicks.
- Heat the oil in the skillet. Season the meat with salt and pepper and brown it in the skillet over high heat, turning, for about 6 minutes.
- Transfer the skillet to the oven and roast the meat for 10 minutes.
- Transfer the meat to a cutting board and let rest for 5 minutes.

- Add the reserved wine to the skillet and cook over high heat, scraping up any browned bits, until syrupy, about 2 minutes.
- Add the stock and cook until reduced by half, about 5 minutes. Stir in the reserved 1/2 cup of the fruit mixture and season with salt and pepper. Slice the tenderloin crosswise 1/2 inch thick and serve with the sauce.
- Notes: One Serving – Calories 244 kcal, Total Fat 4 gm, Saturated Fat 5 gm, Protein 25 gm, Carbohydrates 19 gm

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:2.76, Inflammation Score:-3, Nutrition Score:16.140434850817%

Flavonoids

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Nutrients (% of daily need)

Calories: 212.57kcal (10.63%), Fat: 6.45g (9.93%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 9.4g (3.42%), Sugar: 7.68g (8.54%), Cholesterol: 76.4mg (25.47%), Sodium: 264.26mg (11.49%), Alcohol: 1.59g (100%), Alcohol %: 0.87% (100%), Protein: 24.42g (48.84%), Vitamin B1: 1.13mg (75.4%), Selenium: 34.48µg (49.26%), Vitamin B6: 0.92mg (45.75%), Vitamin B3: 8.02mg (40.09%), Phosphorus: 299.41mg (29.94%), Vitamin B2: 0.41mg (24.39%), Potassium: 587.7mg (16.79%), Zinc: 2.24mg (14.95%), Vitamin B12: 0.62µg (10.35%), Vitamin B5: 1.02mg (10.17%), Magnesium: 39.53mg (9.88%), Iron: 1.41mg (7.83%), Copper: 0.15mg (7.52%), Fiber:

1.75g (7.01%), Manganese: 0.09mg (4.53%), Vitamin K: 4.04µg (3.85%), Vitamin C: 2.89mg (3.51%), Vitamin E: 0.47mg (3.15%), Vitamin D: 0.36µg (2.39%), Calcium: 23.07mg (2.31%), Vitamin A: 59.08IU (1.18%)