



Pork Tenderloin with Apples

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon apple cider vinegar
- 2 apples cored peeled chopped
- 1.5 teaspoons brown sugar packed
- 0.5 cup chicken stock see
- 0.5 teaspoon cornstarch dissolved in
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1 tablespoon olive oil

- 1 pork tenderloin cut in half
- 4 servings salt and pepper to taste
- 2 tablespoons water
- 0.5 cup riesling wine

Equipment

- frying pan
- wooden spoon
- kitchen thermometer
- aluminum foil

Directions

- Heat the olive oil in a skillet over medium-high heat. Season the pork tenderloin halves with salt and pepper to taste, then cook in the hot oil until evenly browned on all sides, about 8 minutes. Reduce the heat to medium-low, and cook until the pork is no longer pink in the center, turning occasionally, about 25 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).
- Place the pork onto a plate, cover with two layers of aluminum foil, and allow to rest in a warm area for 10 minutes.
- While the pork is resting, pour the wine into the pan; bring to a simmer while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Simmer for 2 minutes, then add the apples, chicken stock, vinegar, cinnamon, nutmeg, brown sugar, and nutmeg. Cook and stir until the apples are tender, about 10 minutes. Stir cornstarch mixture into the simmering sauce to thicken. Cook and stir 1 minute more until the sauce thickens and is no longer cloudy.
- Slice the pork tenderloin into 1/4 inch thick slices, and arrange on a serving platter.
- Pour the apple sauce over meat to serve.

Nutrition Facts



PROTEIN 60.59% **FAT 28.9%** **CARBS 10.51%**

Properties

Glycemic Index:40.5, Glycemic Load:3.48, Inflammation Score:-6, Nutrition Score:40.042608670566%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 666.87kcal (33.34%), Fat: 20.07g (30.88%), Saturated Fat: 5.99g (37.46%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 14.09g (5.12%), Sugar: 11.69g (12.98%), Cholesterol: 295.67mg (98.56%), Sodium: 476.04mg (20.7%), Alcohol: 3.12g (100%), Alcohol %: 0.64% (100%), Protein: 94.68g (189.36%), Vitamin B1: 4.48mg (298.76%), Selenium: 138.17µg (197.39%), Vitamin B6: 3.54mg (177.11%), Vitamin B3: 30.59mg (152.95%), Phosphorus: 1126.93mg (112.69%), Vitamin B2: 1.58mg (93.21%), Zinc: 8.61mg (57.39%), Potassium: 1947.16mg (55.63%), Vitamin B12: 2.36µg (39.3%), Vitamin B5: 3.87mg (38.65%), Magnesium: 132.28mg (33.07%), Iron: 4.75mg (26.37%), Copper: 0.45mg (22.55%), Vitamin E: 1.68mg (11.2%), Manganese: 0.19mg (9.54%), Fiber: 2.35g (9.38%), Vitamin D: 1.36µg (9.07%), Vitamin C: 4.26mg (5.16%), Calcium: 40.6mg (4.06%), Vitamin K: 4.25µg (4.04%), Vitamin A: 59.97IU (1.2%), Folate: 4.66µg (1.16%)