



Pork Tenderloin with Apples



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



1257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pork tenderloins
- ☐ 2 cloves garlic peeled cut into slivers
- ☐ 4 servings salt and pepper
- ☐ 2 teaspoons ground cumin
- ☐ 2 Tbsp olive oil extra virgin
- ☐ 235 ml beef broth
- ☐ 235 ml cooking wine dry white with apple brandy or apple cider)
- ☐ 2 medium apples cored peeled sliced

Equipment

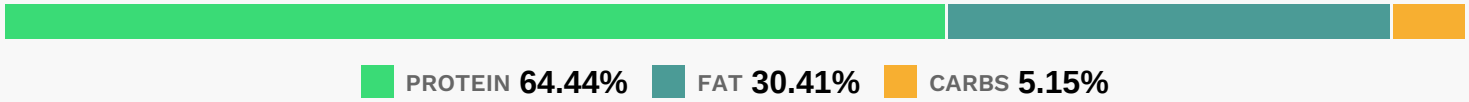
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven, prepare the tenderloins: Preheat oven to 400° F (205°C). With the tip of a sharp knife, make deep little slits all over the tenderloins and insert the garlic slivers.
- ☐ Season with salt, pepper and cumin.
- ☐ Heat the oil in a skillet on medium high heat and sear the tenderloins well on all sides (about 10 minutes).
- ☐ Finish cooking tenderloins in oven, with broth and wine:
- ☐ Remove the tenderloins from the skillet (do not discard the juices in the skillet) and place the tenderloins in a roasting pan.
- ☐ Add the broth and white wine to the roasting pan.
- ☐ Cook in the oven at 400°F (205°C) for 10–15 minutes or longer, until their internal temperature reaches 140°F.
- ☐ Cook apples in the same skillet: After you've placed the tenderloins in the oven, cook the apple slices in the same skillet (with the remaining oil and juices) that you used to brown the tenderloin.
- ☐ Sauté until soft.
- ☐ Remove the apples from the pan, set them aside, saving the juices once again in the pan.
- ☐ Let tenderloins rest: After the tenderloins have reached 140°F internal temperature, remove them from the oven.
- ☐ Transfer the tenderloins from the pan to a cutting board, cover with aluminum foil and let rest for 10–15 minutes. The internal temperature of the tenderloins will continue to rise while they rest.

- ☐
- Make gravy by boiling pan juices: While the pork is resting, pour the roasting pan juices into the skillet and boil everything on high heat for 5 minutes, or until you get a gravy the consistency of melted ice cream.
- ☐
- Slice and serve: Slice the tenderloins into 1/4 inch thick slices, add the sliced apples to the meat in the serving dish, drizzle some gravy over and serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:3.71, Inflammation Score:-8, Nutrition Score:52.392608787702%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.18mg, Epicatechin: 7.18mg, Epicatechin: 7.18mg, Epicatechin: 7.18mg 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 Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 1256.63kcal (62.83%), Fat: 39.53g (60.82%), Saturated Fat: 11.79g (73.66%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 12.75g (4.64%), Sugar: 10.07g (11.19%), Cholesterol: 589.55mg (196.52%), Sodium: 893.1mg (38.83%), Alcohol: 6.14g (100%), Alcohol %: 0.69% (100%), Protein: 188.53g (377.05%), Vitamin B1: 8.94mg (595.71%), Selenium: 275.56µg (393.66%), Vitamin B6: 7.03mg (351.73%), Vitamin B3: 60.62mg (303.11%), Phosphorus: 2239.78mg (223.98%), Vitamin B2: 3.11mg (182.74%), Zinc: 17.13mg (114.23%), Potassium: 3760.38mg (107.44%), Vitamin B12: 4.76µg (79.3%), Vitamin B5: 7.69mg (76.95%), Magnesium: 260.63mg (65.16%), Iron: 9.9mg (55%), Copper: 0.85mg (42.37%), Vitamin E: 3.2mg (21.34%), Vitamin D: 2.72µg (18.14%), Manganese: 0.29mg (14.67%), Fiber: 2.32g (9.28%), Calcium: 81.03mg (8.1%), Vitamin K: 6.53µg (6.22%), Vitamin C: 4.73mg (5.73%), Vitamin A: 80.11IU (1.6%), Folate: 4.66µg (1.17%)