



Pork Tenderloin with Apples and Onion

 Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 granny smith apples cored peeled cut into 1/4-inch wedges
- ☐ 0.5 cup heavy cream warmed
- ☐ 1 medium onion thinly sliced
- ☐ 1 lb pork tenderloin
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon butter unsalted

☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Preheat oven to 400F; line a large rimmed baking sheet with foil and mist with cooking spray. Warm oil in a large skillet over high heat.
- ☐ Sprinkle pork with salt and pepper and cook, turning with tongs, until browned on all sides, 3 to 5 minutes total.
- ☐ Transfer to baking sheet and roast until an instant-read thermometer inserted into thickest part of meat registers 155F, 15 to 18 minutes.
- ☐ Transfer pork to a cutting board, tent with foil and let rest for 5 minutes.
- ☐ Melt butter in same skillet (don't wash or wipe out skillet).
- ☐ Add apples and cook over medium-high heat, stirring often, until softened and beginning to brown, 5 to 7 minutes.
- ☐ Scrape into bowl, add onion and thyme to skillet, and saut until softened, about 3 minutes.
- ☐ Pour in cider and cream and bring to a boil, stirring to incorporate browned bits on bottom of skillet. Cook, stirring frequently, until sauce thickens, about 5 minutes.
- ☐ Return apples to skillet and heat through, stirring often. Season with salt and pepper. Slice pork and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:24.94, Glycemic Load:8.22, Inflammation Score:-7, Nutrition Score:19.482608556747%

Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 13.06mg, Epicatechin: 13.06mg, Epicatechin: 13.06mg, Epicatechin: 13.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg

Nutrients (% of daily need)

Calories: 402.19kcal (20.11%), Fat: 21.34g (32.83%), Saturated Fat: 10.57g (66.05%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 25.13g (9.14%), Sugar: 21.91g (24.35%), Cholesterol: 114.85mg (38.28%), Sodium: 266.14mg (11.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.03g (50.06%), Vitamin B1: 1.17mg (77.95%), Selenium: 35.5µg (50.71%), Vitamin B6: 0.98mg (48.95%), Vitamin B3: 7.73mg (38.64%), Phosphorus: 321.27mg (32.13%), Vitamin B2: 0.49mg (29.01%), Potassium: 722.63mg (20.65%), Fiber: 3.95g (15.82%), Zinc: 2.32mg (15.49%), Vitamin K: 14.85µg (14.14%), Vitamin A: 611.41IU (12.23%), Vitamin B5: 1.17mg (11.75%), Magnesium: 45.85mg (11.46%), Vitamin C: 9.15mg (11.09%), Vitamin B12: 0.64µg (10.72%), Iron: 1.73mg (9.63%), Manganese: 0.16mg (8.17%), Copper: 0.16mg (8.09%), Vitamin E: 1.16mg (7.72%), Vitamin D: 0.87µg (5.79%), Calcium: 51.36mg (5.14%), Folate: 11.3µg (2.82%)