



Pork Tenderloin with Apricot Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricots quick
- ☐ 1 teaspoons butter
- ☐ 1 lb pork tenderloin
- ☐ 4 servings salt and pepper

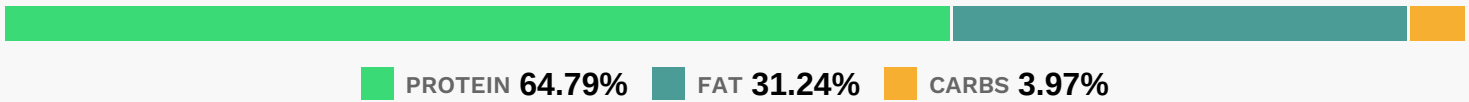
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ If necessary to keep the tenderloin in a compact piece, tie meat at several intervals with cotton string.
- ☐ Melt butter in an ovenproof 10- to 12-inch nonstick frying pan over high heat.
- ☐ Add pork tenderloin and turn as needed to brown well on all sides, 5 to 6 minutes total.
- ☐ Add apricot chutney and 1/3 cup water to pan and stir to incorporate meat drippings. Baste tenderloin with some of the sauce, and then put it in a 450 oven.
- ☐ Roast pork, basting often with sauce, until meat is 150 to 155 in center of thickest part, 12 to 14 minutes. If sauce starts to scorch, stir in water, 2 tablespoons at a time.
- ☐ Transfer the tenderloin to a platter.
- ☐ Pour the apricot chutney sauce over pork, or serve the sauce in a small bowl and add to taste. Slice tenderloin and season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:14.778695503007%

Flavonoids

Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 151.27kcal (7.56%), Fat: 5.06g (7.78%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.19g (0.43%), Sugar: 1.19g (1.33%), Cholesterol: 73.71mg (24.57%), Sodium: 264.67mg (11.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.61g (47.22%), Vitamin B1: 1.12mg (74.5%), Selenium: 34.37µg (49.1%), Vitamin B6: 0.87mg (43.73%), Vitamin B3: 7.57mg (37.87%), Phosphorus: 278.82mg (27.88%), Vitamin B2: 0.39mg (22.81%), Zinc: 2.15mg (14.31%), Potassium: 479.67mg (13.7%), Vitamin B12: 0.59µg (9.85%), Vitamin B5: 0.98mg (9.81%), Magnesium: 31.95mg (7.99%), Iron: 1.15mg (6.4%), Vitamin A: 295.76IU (5.92%), Copper: 0.11mg (5.56%), Vitamin E: 0.4mg (2.69%), Vitamin D: 0.34µg (2.27%), Vitamin C: 1.29mg (1.57%), Manganese: 0.03mg (1.32%), Fiber: 0.26g (1.03%)