



Pork Tenderloin with Balsamic Onion-Fig Relish



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 8 mission figs dried
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 8 ounce prechopped onion refrigerated
- ☐ 0.3 teaspoon salt

☐ 2 tablespoons water

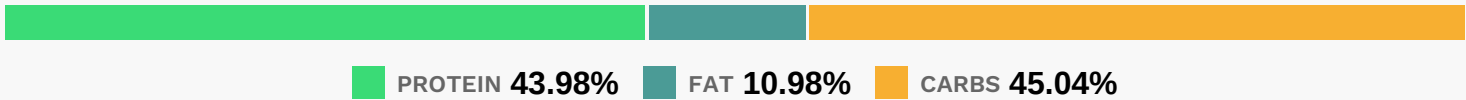
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Sprinkle pork evenly with salt and pepper; coat with cooking spray.
- ☐ Heat a medium-sized cast-iron skillet or other ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork; cook 4 minutes or until browned on all sides, turning occasionally.
- ☐ While pork browns, coarsely chop figs.
- ☐ Combine vinegar, 2 tablespoons water, and soy sauce in a small bowl. When pork is browned, remove pan from heat.
- ☐ Add figs, onion, and vinegar mixture to pan, stirring to loosen browned bits.
- ☐ Bake, uncovered, at 425 for 15 minutes or until a thermometer registers 160 (slightly pink). Stir onion mixture; cover pan loosely with foil.
- ☐ Let stand 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:11.81, Inflammation Score:-5, Nutrition Score:19.105652207914%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.98mg, Quercetin: 16.98mg, Quercetin: 16.98mg, Quercetin: 16.98mg

Nutrients (% of daily need)

Calories: 229.92kcal (11.5%), Fat: 2.83g (4.36%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 22.24g (8.09%), Sugar: 19.92g (22.13%), Cholesterol: 73.71mg (24.57%), Sodium: 354.95mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.09%), Vitamin B1: 1.22mg (81.3%), Vitamin B6: 1.07mg (53.45%), Selenium: 35.44µg (50.62%), Vitamin B3: 8.09mg (40.46%), Phosphorus: 318.89mg (31.89%), Vitamin B2: 0.46mg (27.23%), Potassium: 791.97mg (22.63%), Zinc: 2.43mg (16.2%), Fiber: 3.92g (15.69%), Magnesium: 57.3mg (14.32%), Vitamin B5: 1.34mg (13.44%), Manganese: 0.26mg (13.1%), Copper: 0.2mg (10.06%), Vitamin B12: 0.58µg (9.64%), Iron: 1.73mg (9.59%), Vitamin C: 6.2mg (7.51%), Calcium: 57.94mg (5.79%), Vitamin K: 5.13µg (4.89%), Folate: 18.55µg (4.64%), Vitamin A: 143.82IU (2.88%), Vitamin E: 0.39mg (2.59%), Vitamin D: 0.23µg (1.51%)