



## Pork Tenderloin with Balsamic Plum Reduction

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon brown sugar
- 4 servings pepper black to taste
- 1 tablespoon honey
- 1 tablespoon olive oil
- 1 pork tenderloin

### Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- blender
- kitchen thermometer
- aluminum foil

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with foil.
- Season the pork tenderloin with salt and pepper.
- Heat olive oil in a heavy skillet over high heat until the oil shimmers; gently lay the tenderloin into the hot oil. After about 1 minute, gently loosen the meat from the bottom of the skillet, if necessary. Cook until the pork is seared a golden brown color, about 3 minutes per side.
- Transfer the pork to the lined baking sheet.
- Roast the seared tenderloin in the preheated oven until a thermometer inserted into the center of the pork reads at least 145 degrees F (63 degrees C), about 15 minutes.
- Remove the pork from the oven and allow to rest for 10 minutes before slicing into medallions.
- Cook the plums, balsamic vinegar, brown sugar, honey, and blueberry juice in a small saucepan over medium-low heat, stirring often, until the plums are soft, about 10 minutes.
- Transfer the sauce to a blender and blend until smooth. Return the sauce to the saucepan and simmer until reduced and thickened to the consistency of apple butter, about 5 more minutes. Spoon plum sauce over the sliced pork to serve.

## Nutrition Facts

 **PROTEIN 64.05%**  **FAT 30.01%**  **CARBS 5.94%**

## Properties

Glycemic Index:33.57, Glycemic Load:2.95, Inflammation Score:-5, Nutrition Score:38.334347627328%

## Nutrients (% of daily need)

Calories: 609.79kcal (30.49%), Fat: 19.51g (30.02%), Saturated Fat: 5.84g (36.5%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 8.66g (3.15%), Sugar: 8.42g (9.35%), Cholesterol: 294.77mg (98.26%), Sodium: 238.8mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 93.72g (187.43%), Vitamin B1: 4.45mg (296.9%), Selenium: 137.49µg (196.42%), Vitamin B6: 3.47mg (173.6%), Vitamin B3: 29.99mg (149.94%), Phosphorus: 1104.01mg (110.4%), Vitamin B2: 1.53mg (90.03%), Zinc: 8.5mg (56.67%), Potassium: 1799.3mg (51.41%), Vitamin B12: 2.36µg (39.3%), Vitamin B5: 3.8mg (38.05%), Magnesium: 123.95mg (30.99%), Iron: 4.53mg (25.16%), Copper: 0.41mg (20.52%), Vitamin E: 1.5mg (10.02%), Vitamin D: 1.36µg (9.07%), Manganese: 0.09mg (4.64%), Calcium: 32.65mg (3.27%), Vitamin K: 2.27µg (2.16%)