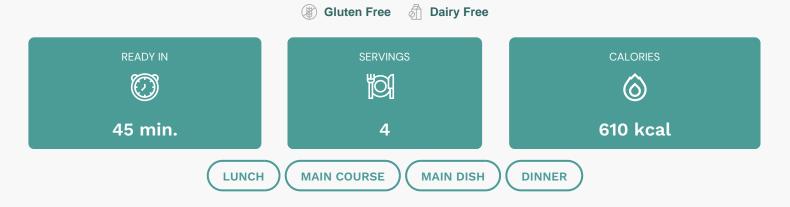


Pork Tenderloin with Balsamic Plum Reduction



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: Og (100%), Alcohol %: O% (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%)