



Pork Tenderloin With Cabbage

 Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



1328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider
- ☐ 1 teaspoon flour all-purpose
- ☐ 0.3 cup golden raisins
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 tablespoons horseradish drained
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 2 pork tenderloins halved
- ☐ 0.5 small head cabbage red cored thinly sliced
- ☐ 3 tablespoons red wine vinegar plus more to taste
- ☐ 4 tablespoons butter unsalted

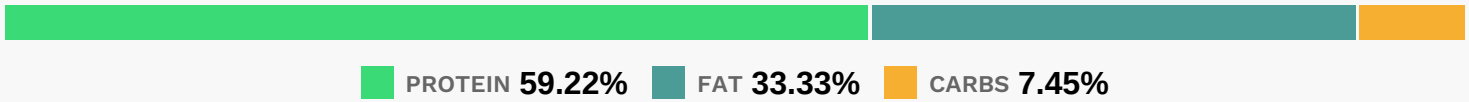
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat the oven to 400 degrees F. Melt 3 tablespoons butter in a pot over medium-high heat.
- ☐ Add the cabbage, raisins, vinegar, cider, 1/4 teaspoon allspice and 1/2 teaspoon each salt and pepper; bring to a boil. Reduce the heat and simmer, covered, 20 minutes. Uncover and simmer until the liquid is almost gone.
- ☐ Add salt and more vinegar to taste.
- ☐ Meanwhile, sprinkle the pork with the remaining 1/4 teaspoon allspice, 1 1/4 teaspoons salt and 1/2 teaspoon pepper.
- ☐ Heat the olive oil in an ovenproof skillet over medium-high heat. Brown the pork on all sides, then transfer to a roasting pan (reserve the skillet) and roast until a thermometer inserted into the meat registers 145 degrees F to 150 degrees F, 10 to 15 minutes.
- ☐ Transfer to a cutting board.
- ☐ Boil the broth in the skillet until reduced by one-third.
- ☐ Mix the flour and the remaining 1 tablespoon butter, whisk into the broth and boil 1 minute. Stir in the horseradish. Slice the pork; serve with the cabbage and sauce.

Nutrition Facts



Properties

Glycemic Index:63.6, Glycemic Load:9.54, Inflammation Score:-9, Nutrition Score:57.240000144295%

Flavonoids

Cyanidin: 148.73mg, Cyanidin: 148.73mg, Cyanidin: 148.73mg, Cyanidin: 148.73mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 1327.7kcal (66.38%), Fat: 47.73g (73.43%), Saturated Fat: 18.6g (116.28%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 21.6g (7.86%), Sugar: 16.27g (18.07%), Cholesterol: 619.65mg (206.55%), Sodium: 749.14mg (32.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 190.83g (381.65%), Vitamin B1: 8.97mg (598.06%), Selenium: 275.92µg (394.17%), Vitamin B6: 7.15mg (357.59%), Vitamin B3: 61.71mg (308.57%), Phosphorus: 2277.26mg (227.73%), Vitamin B2: 3.17mg (186.73%), Zinc: 17.34mg (115.6%), Potassium: 3992mg (114.06%), Vitamin B12: 4.83µg (80.48%), Vitamin B5: 7.77mg (77.66%), Magnesium: 267.5mg (66.88%), Iron: 9.98mg (55.47%), Vitamin C: 43.34mg (52.53%), Copper: 0.93mg (46.27%), Vitamin K: 30.68µg (29.22%), Vitamin A: 1161.05IU (23.22%), Manganese: 0.41mg (20.33%), Vitamin D: 2.93µg (19.54%), Vitamin E: 2.92mg (19.49%), Calcium: 111.1mg (11.11%), Fiber: 2.4g (9.62%), Folate: 18.82µg (4.7%)