



 **79%**
HEALTH SCORE

Pork Tenderloin with Cabbage and Apple Slaw

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



1164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black divided
- 0.3 cup cilantro sprigs fresh
- 1 tablespoon honey
- 0.8 teaspoon kosher salt divided
- 1 pound napa cabbage cored thinly sliced quartered
- 0.5 tablespoon olive oil
- 2 pork tenderloins ()
- 1 apples red crisp cut into thin wedges (such as Gala or Fuji)

2 tablespoons rice vinegar

Equipment

bowl

frying pan

oven

Directions

Preheat oven to 40

Heat oil in a large ovenproof skillet over medium-high heat. Season pork with 1/2 teaspoon each salt and pepper; cook, turning occasionally, for 68 minutes or until browned.

Transfer skillet to the oven, and roast at 400 for 12-14 minutes or until pork is cooked through.

Let rest for at least 5 minutes before slicing.

Meanwhile, combine the vinegar, honey, and remaining salt and pepper in a large bowl.

Add the cabbage and apples; toss.

Let slaw sit for 5 minutes, tossing occasionally. Fold in cilantro, and serve with the pork.

Nutrition Facts

 **PROTEIN 67.42%** **FAT 27.38%** **CARBS 5.2%**

Properties

Glycemic Index:57.57, Glycemic Load:4.7, Inflammation Score:-9, Nutrition Score:57.486086803934%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 1164.24kcal (58.21%), Fat: 34.09g (52.44%), Saturated Fat: 11.02g (68.88%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 11.96g (4.35%), Sugar: 10.66g (11.84%), Cholesterol: 589.55mg (196.52%), Sodium: 919.27mg (39.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 188.85g (377.7%), Vitamin B1: 8.96mg (597.39%), Selenium: 275.61µg (393.73%), Vitamin B6: 7.22mg (361.21%), Vitamin B3: 60.47mg (302.35%), Phosphorus: 2243.5mg (224.35%), Vitamin B2: 3.13mg (184.08%), Zinc: 17.26mg (115.09%), Potassium: 3896.27mg (111.32%), Vitamin B12: 4.72µg (78.61%), Vitamin B5: 7.75mg (77.53%), Magnesium: 263mg (65.75%), Vitamin K: 54.42µg (51.82%), Iron: 9.3mg (51.65%), Copper: 0.87mg (43.51%), Vitamin C: 33.01mg (40.01%), Folate: 91.74µg (22.93%), Manganese: 0.42mg (21.01%), Vitamin D: 2.72µg (18.14%), Vitamin E: 2.49mg (16.63%), Calcium: 147.88mg (14.79%), Fiber: 2.59g (10.34%), Vitamin A: 472.85IU (9.46%)