# Pork Tenderloin with Calvados Sauce

Gluten Free

| READY IN | SERVINGS | CALORIES |
|---|---|---|
| 40 min. | 40 | 74 kcal |

ANTIPASTI | STARTER | SNACK | APPETIZER

## Ingredients

- [ ] 1 medium apples sliced
- [ ] 2 Tbsp calvados apple brandy
- [ ] 0.5 cup beef broth
- [ ] 2 Tbsp butter
- [ ] 4 oz philadelphia cream cheese cubed ()
- [ ] 1 cup mushrooms sliced
- [ ] 1 small onion chopped
- [ ] 1 lb pork tenderloin

- [ ] 1 pkt. shake 'n bake chicken coating mix

## Equipment

- [ ] sauce pan
- [ ] oven
- [ ] roasting pan

## Directions

- [ ] Preheat oven to 400F. Coat pork with coating mix as directed on package.
- [ ] Place in shallow roasting pan.
- [ ] Bake 30 minutes or until cooked through (165F).
- [ ] Meanwhile, cook and stir apples, onions and mushrooms in butter in medium saucepan on medium heat until tender.
- [ ] Add broth and cream cheese; cook until cream cheese is completely melted, stirring frequently. Stir in brandy; cook until heated through.
- [ ] Cut pork into slices.
- [ ] Serve topped with the sauce.

## Nutrition Facts

PROTEIN **34.03%** FAT **59.78%** CARBS **6.19%**

### Properties

Glycemic Index:5, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:3.1156521698703%

### Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 73.75kcal (3.69%), Fat: 4.84g (7.45%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.78g (0.87%), Cholesterol: 26.04mg (8.68%), Sodium: 44.1mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.41%), Vitamin B3: 2.16mg (10.82%), Selenium: 6.68µg (9.55%), Vitamin B1: 0.13mg (8.48%), Vitamin B6: 0.16mg (8.1%), Phosphorus: 62.3mg (6.23%), Vitamin B2: 0.08mg (4.7%), Zinc: 0.49mg (3.29%), Vitamin B5: 0.33mg (3.27%), Potassium: 101.94mg (2.91%), Vitamin B12: 0.13µg (2.14%), Magnesium: 7.86mg (1.96%), Iron: 0.31mg (1.73%), Vitamin A: 85.6IU (1.71%), Copper: 0.03mg (1.47%)