



Pork Tenderloin With Carolina Apple Compote

 Gluten Free

READY IN



6 min.

SERVINGS



8

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings carolina apple compote
- ☐ 3 tablespoons butter
- ☐ 0.8 teaspoon pepper freshly ground
- ☐ 3 lb pork tenderloins
- ☐ 1.5 teaspoons salt
- ☐ 8 servings garnish: thyme sprigs fresh

Equipment

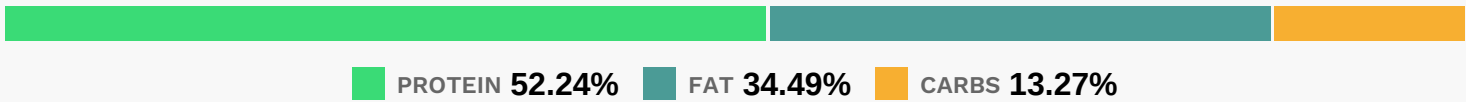
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 50
- ☐ Melt butter in large skillet over medium-high heat; add pork, and cook 3 minutes on each side or until browned.
- ☐ Sprinkle salt and pepper over pork.
- ☐ Place tenderloins on a lightly greased wire rack in a 15- x 10-inch jelly-roll pan.
- ☐ Bake at 500 for 18 minutes or until a meat thermometer inserted into thickest portion registers 150 (medium-rare). Cover tenderloins loosely with aluminum foil, and let stand 15 minutes before serving.
- ☐ Serve with Carolina Apple Compote.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:22.260869860649%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 275.74kcal (13.79%), Fat: 10.39g (15.99%), Saturated Fat: 4.73g (29.58%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 7.31g (2.66%), Sugar: 6.5g (7.23%), Cholesterol: 121.85mg (40.62%), Sodium: 558.99mg (24.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.41g (70.81%), Vitamin B1: 1.68mg (112.13%), Selenium: 51.6µg (73.72%), Vitamin B6: 1.33mg (66.55%), Vitamin B3: 11.32mg (56.61%), Phosphorus: 422.83mg (42.28%), Vitamin B2: 0.6mg (35.08%), Zinc: 3.23mg (21.55%), Potassium: 745.29mg (21.29%), Vitamin B12: 0.89µg (14.89%), Vitamin B5: 1.47mg (14.74%), Magnesium: 51.09mg (12.77%), Iron: 1.92mg (10.68%), Copper: 0.18mg (8.83%), Fiber: 1.69g (6.75%), Vitamin C: 4.48mg (5.43%), Manganese: 0.09mg (4.4%), Vitamin A: 216.89IU (4.34%), Vitamin E: 0.61mg (4.07%), Vitamin D: 0.51µg (3.4%), Calcium: 20.37mg (2.04%), Vitamin K: 2.05µg (1.95%)