



Pork Tenderloin with Cider Jus and Rutabaga Purée

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups apple cider
- ☐ 2 teaspoons apple cider vinegar
- ☐ 2 cinnamon sticks
- ☐ 24 ounce pork tenderloins trimmed well
- ☐ 1 cup chicken broth
- ☐ 6 servings olive oil
- ☐ 0.8 cup onion chopped

- ☐ 6 servings rutabaga
- ☐ 3 large thyme sprigs fresh
- ☐ 1 turkish bay leaf
- ☐ 5 tablespoons butter unsalted cut into 1/2-inch cubes
- ☐ 6 allspice whole
- ☐ 3 star anise whole

Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Mix first 9 ingredients in heavy medium saucepan. Boil until mixture is reduced to 1 1/2 cups, about 20 minutes. Strain, pressing on solids to extract liquid. Discard solids. Return liquid to saucepan and boil until reduced to 1/2 cup, about 3 minutes.
- ☐ Whisk in butter a few pieces at a time. Season with salt and pepper.
- ☐ Meanwhile, prepare barbecue (medium-high heat).
- ☐ Brush pork with olive oil.
- ☐ Sprinkle generously with salt and pepper. Grill until instant-read thermometer inserted into center of pork registers 145°F, turning frequently, about 20 minutes.
- ☐ Let pork rest 5 minutes (temperature will increase to 150°F). Thinly slice pork crosswise.
- ☐ Divide pork slices among 6 plates. Spoon Rutabaga
- ☐ Puree alongside.
- ☐ Drizzle sauce over pork and serve.
- ☐ *Brown star-shaped seedpods available at Asian markets and specialty foods stores and in the spice section of some supermarkets.

Nutrition Facts



 PROTEIN **25.83%**  FAT **61.07%**  CARBS **13.1%**

Properties

Glycemic Index:41.63, Glycemic Load:4.08, Inflammation Score:-7, Nutrition Score:18.282608788946%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 387.6kcal (19.38%), Fat: 26.4g (40.61%), Saturated Fat: 8.83g (55.16%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 11.43g (4.16%), Sugar: 8.55g (9.5%), Cholesterol: 98.79mg (32.93%), Sodium: 77.94mg (3.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.12g (50.24%), Vitamin B1: 1.16mg (77.41%), Selenium: 35.29µg (50.42%), Vitamin B6: 0.93mg (46.59%), Vitamin B3: 8.25mg (41.27%), Phosphorus: 310.27mg (31.03%), Vitamin B2: 0.43mg (25.13%), Potassium: 618.56mg (17.67%), Vitamin E: 2.58mg (17.19%), Manganese: 0.34mg (16.76%), Zinc: 2.3mg (15.36%), Vitamin B12: 0.64µg (10.62%), Vitamin B5: 1.05mg (10.47%), Iron: 1.8mg (10.01%), Magnesium: 39.97mg (9.99%), Vitamin K: 9.69µg (9.23%), Copper: 0.15mg (7.68%), Vitamin A: 323.08IU (6.46%), Fiber: 1.31g (5.24%), Vitamin C: 3.43mg (4.16%), Calcium: 39.37mg (3.94%), Vitamin D: 0.4µg (2.68%), Folate: 4.77µg (1.19%)