



## Pork Tenderloin with Dried-Cherry Chutney and Caramelized-Onion Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 8 servings caramelized-onion sauce
- 8 servings dried-cherry chutney
- 3 tablespoons cooking wine dry red
- 2 garlic cloves crushed
- 2 tablespoons olive oil
- 1 cup onion thinly sliced

- 2 pounds pork tenderloin
- 0.1 teaspoon salt
- 0.3 cup water

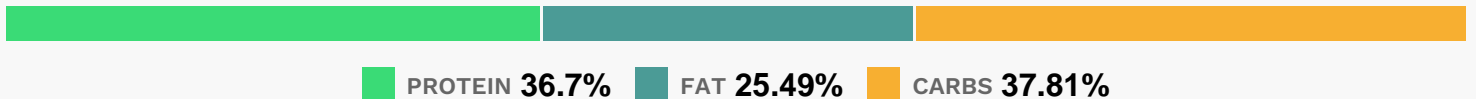
## Equipment

- oven
- grill
- kitchen thermometer
- ziploc bags
- broiler pan

## Directions

- To prepare marinade, combine first 5 ingredients in a large zip-top plastic bag; add pork to bag. Seal and marinate in refrigerator 8 hours.
- Remove pork from bag, discarding marinade.
- Prepare grill, or preheat oven to 42
- Sprinkle pork with pepper and salt. Insert meat thermometer into thickest part of pork.
- Place pork on grill rack or broiler pan; grill or bake at 425 for 20 minutes or until thermometer registers 160 (slightly pink), turning pork occasionally.
- Cut into 1/4-inch-thick slices.
- Serve with Dried-Cherry Chutney and Caramelized-Onion Sauce.

## Nutrition Facts



## Properties

Glycemic Index:17.25, Glycemic Load:5.08, Inflammation Score:-5, Nutrition Score:18.533913265104%

## Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg

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## Nutrients (% of daily need)

Calories: 275.16kcal (13.76%), Fat: 7.82g (12.04%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 26.1g (8.7%), Net Carbohydrates: 22.54g (8.2%), Sugar: 19.41g (21.57%), Cholesterol: 73.71mg (24.57%), Sodium: 97.41mg (4.24%), Alcohol: 0.59g (100%), Alcohol %: 0.24% (100%), Protein: 25.34g (50.69%), Vitamin B1: 1.17mg (77.94%), Selenium: 34.64µg (49.49%), Vitamin B6: 0.99mg (49.38%), Vitamin B3: 7.76mg (38.79%), Phosphorus: 316.35mg (31.64%), Vitamin B2: 0.44mg (25.81%), Potassium: 811.44mg (23.18%), Vitamin C: 12.62mg (15.3%), Zinc: 2.29mg (15.26%), Fiber: 3.57g (14.27%), Vitamin B5: 1.28mg (12.76%), Magnesium: 49.91mg (12.48%), Copper: 0.2mg (10.16%), Vitamin B12: 0.59µg (9.83%), Iron: 1.72mg (9.53%), Manganese: 0.18mg (8.98%), Vitamin E: 0.86mg (5.73%), Vitamin K: 5.3µg (5.05%), Calcium: 35.04mg (3.5%), Folate: 12.28µg (3.07%), Vitamin D: 0.34µg (2.27%), Vitamin A: 92.98IU (1.86%)