



Pork Tenderloin with Figs and Onions



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



1281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pork tenderloins
- ☐ 4 servings salt
- ☐ 4 Tbsp butter
- ☐ 1 onion white yellow
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon balsamic vinegar
- ☐ 2 teaspoons rosemary fresh minced
- ☐ 8 mission figs dark quartered ()

- ☐ 2 Tbsp parsley chopped
- ☐ 1 teaspoons juice of lemon
- ☐ 4 servings bell pepper black

Equipment

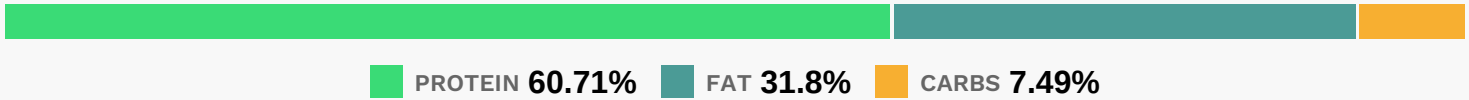
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Salt the pork tenderloins well and set them out at room temperature for 15–20 minutes.
- ☐ Heat the oven to 300°F.
- ☐ Slice the onion into strips lengthwise (from the top to the root end).
- ☐ Cutting the onion this way helps keep the pieces hold their shape. (See How to caramelize onions for a visual).
- ☐ Sear tenderloins on all sides:
- ☐ Heat 3 tablespoons of the butter in a sauté pan over medium–high heat. Pat the tenderloins dry with paper towels.
- ☐ Place the tenderloins in the pan and sear on all sides, until nicely browned.
- ☐ Finish cooking tenderloins in oven:
- ☐ Remove the tenderloins to an oven–proof pan, and place in the oven at 300°F. Cook for 15–20 minutes, until an instant read thermometer inserted into the center of the tenderloins reaches 140°F. Then remove from oven and let rest.
- ☐ Sauté onions, add sugar and balsamic: While the tenderloins are roasting, add the onions to the sauté pan along with the other tablespoon of butter.
- ☐ Sprinkle with salt. Toss to combine and sauté for 3–4 minutes.
- ☐ Add the sugar and balsamic vinegar, and toss to combine again. Reduce the heat to medium–low and cook for 15 minutes.

- ☐
- Add rosemary and figs: Once the onions have softened and browned, add the rosemary and figs. Increase the heat to medium-high and stir to combine. Sauté 2 minutes, stirring often.
- ☐
- from the heat.
- ☐
- Mix in the parsley and lemon juice.
- ☐
- Add salt and pepper to taste.
- ☐
- Slice the pork tenderloins into 1/4-inch thick slices and serve alongside the onions and figs.

Nutrition Facts



Properties

Glycemic Index:80.52, Glycemic Load:11.35, Inflammation Score:-9, Nutrition Score:54.657826205958%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 1281.44kcal (64.07%), Fat: 43.89g (67.52%), Saturated Fat: 18.09g (113.05%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 19.8g (7.2%), Sugar: 18.71g (20.79%), Cholesterol: 620.08mg (206.69%), Sodium: 760.24mg (33.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 188.55g (377.1%), Vitamin B1: 8.98mg (598.81%), Selenium: 275.32µg (393.31%), Vitamin B6: 7.09mg (354.39%), Vitamin B3: 60.42mg (302.09%), Phosphorus: 2231.02mg (223.1%), Vitamin B2: 3.12mg (183.61%), Zinc: 17.19mg (114.63%), Potassium: 3855mg (110.14%), Vitamin B5: 7.95mg (79.52%), Vitamin B12: 4.74µg (79.01%), Magnesium: 266.32mg (66.58%), Iron: 9.37mg (52.06%), Copper: 0.89mg (44.65%), Vitamin K: 37.13µg (35.36%), Vitamin D: 2.72µg (18.14%), Vitamin E: 2.46mg (16.38%), Manganese: 0.31mg (15.45%), Fiber: 3.47g (13.87%), Vitamin A: 677.69IU (13.55%), Calcium: 102.92mg (10.29%), Vitamin C: 7.06mg (8.55%), Folate: 14.86µg (3.72%)