



# Pork Tenderloin with Gingered Cranberries

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup cranberries dried
- 0.5 cup cooking wine dry red
- 0.5 teaspoon ginger fresh minced peeled
- 0.1 teaspoon ground cinnamon
- 1 pound pork tenderloin trimmed
- 0.5 cup orange juice
- 0.5 teaspoon cracked pepper black
- 0.3 teaspoon salt

2 teaspoons worcestershire sauce

## Equipment

sauce pan

oven

baking pan

kitchen thermometer

## Directions

Preheat oven to 42

Place pork in a 13 x 9-inch baking pan coated with cooking spray.

Drizzle with Worcestershire sauce; sprinkle with pepper and salt.

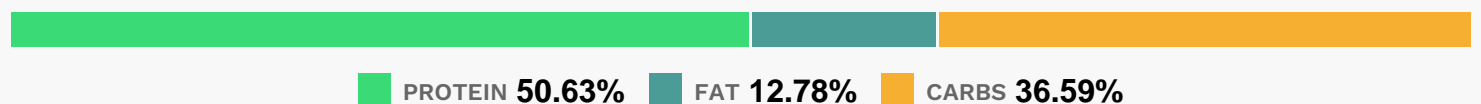
Bake at 425 for 25 to 30 minutes or until a meat thermometer inserted into thickest portion of pork registers 16

Let stand 5 minutes.

Combine red wine and next 3 ingredients in a small saucepan; bring to a boil. Boil, uncovered, 5 minutes, stirring frequently.

Remove from heat; stir in ginger. Spoon sauce over pork.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:1.68, Inflammation Score:-4, Nutrition Score:16.492608635322%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg

Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## **Nutrients (% of daily need)**

Calories: 212.41kcal (10.62%), Fat: 2.7g (4.15%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 16.41g (5.97%), Sugar: 13.91g (15.46%), Cholesterol: 73.71mg (24.57%), Sodium: 245.6mg (10.68%), Alcohol: 3.15g (100%), Alcohol %: 2.06% (100%), Protein: 24.05g (48.11%), Vitamin B1: 1.16mg (77.6%), Selenium: 35.08µg (50.11%), Vitamin B6: 0.9mg (45.02%), Vitamin B3: 7.81mg (39.07%), Phosphorus: 288.9mg (28.89%), Vitamin B2: 0.41mg (23.87%), Vitamin C: 15.94mg (19.32%), Potassium: 550.54mg (15.73%), Zinc: 2.18mg (14.57%), Vitamin B5: 1.06mg (10.55%), Vitamin B12: 0.58µg (9.64%), Magnesium: 35.6mg (8.9%), Iron: 1.42mg (7.91%), Copper: 0.14mg (6.77%), Manganese: 0.11mg (5.26%), Vitamin E: 0.59mg (3.91%), Fiber: 0.97g (3.87%), Folate: 9.61µg (2.4%), Vitamin K: 1.64µg (1.56%), Calcium: 15.52mg (1.55%), Vitamin D: 0.23µg (1.51%), Vitamin A: 65.92IU (1.32%)