






 **19%**
HEALTH SCORE

Pork Tenderloin with Peach and Pecan Sauce

 **Gluten Free**  **Dairy Free**

READY IN

40 min.

SERVINGS

4

CALORIES

656 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 4 servings rice hot cooked
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- 2 cloves garlic minced
- 2 spring onion sliced
- 2 tablespoons honey
- 15 ounce pepperoncini pepper juice drained sliced canned

- 3 tablespoons soy sauce low-sodium
- 1 tablespoon olive oil
- 0.3 cup pecans toasted
- 16 ounce pork tenderloin cut into 3/4-inch slices

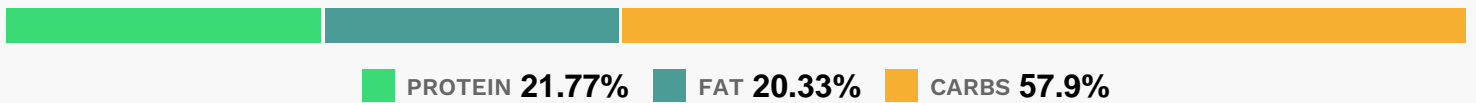
Equipment

- frying pan

Directions

- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the pork and cook until well browned on both sides.
- Remove the pork from the skillet.
- Add the garlic and onions to the skillet and cook and stir for 1 minute. Stir the soup, peach juice, soy sauce and honey in the skillet and heat to a boil. Cook for 5 minutes or until the soup mixture is slightly reduced.
- Return the pork to the skillet. Stir in the peaches. Reduce the heat to low. Cook until the pork is cooked through. Stir in the pecans.
- Serve the pork and sauce with the rice.
- Sprinkle with additional sliced green onion, if desired.

Nutrition Facts



Properties

Glycemic Index:123.01, Glycemic Load:81.32, Inflammation Score:-4, Nutrition Score:27.458260810894%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 656.17kcal (32.81%), Fat: 14.64g (22.53%), Saturated Fat: 3.33g (20.83%), Carbohydrates: 93.86g (31.29%), Net Carbohydrates: 91.66g (33.33%), Sugar: 19.43g (21.59%), Cholesterol: 77.52mg (25.84%), Sodium: 1039.48mg (45.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.29g (70.59%), Manganese: 1.81mg (90.71%), Vitamin B1: 1.25mg (83.36%), Selenium: 52.87µg (75.53%), Vitamin B6: 1.19mg (59.72%), Vitamin B3: 9.47mg (47.35%), Phosphorus: 449mg (44.9%), Vitamin B2: 0.52mg (30.83%), Zinc: 4.58mg (30.53%), Copper: 0.52mg (26.15%), Potassium: 827.66mg (23.65%), Vitamin B5: 2.18mg (21.83%), Magnesium: 87.26mg (21.81%), Iron: 2.73mg (15.17%), Vitamin K: 14.77µg (14.07%), Vitamin B12: 0.71µg (11.86%), Fiber: 2.2g (8.8%), Vitamin E: 1.03mg (6.86%), Folate: 23.18µg (5.79%), Calcium: 57.69mg (5.77%), Vitamin C: 2.67mg (3.24%), Vitamin D: 0.34µg (2.27%), Vitamin A: 66.75IU (1.34%)