



WHATSheATE



Pork Tenderloin with Peach and Pecan Sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounces cream of mushroom soup canned
- ☐ 4 servings rice hot cooked
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup spring onion sliced
- ☐ 2 tablespoons honey
- ☐ 15 ounces pepperoncini pepper juice drained sliced canned
- ☐ 3 tablespoons soy sauce low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 0.3 cup pecans toasted
- ☐ 1 pound pork tenderloin cut into 3/4-inch-thick slices

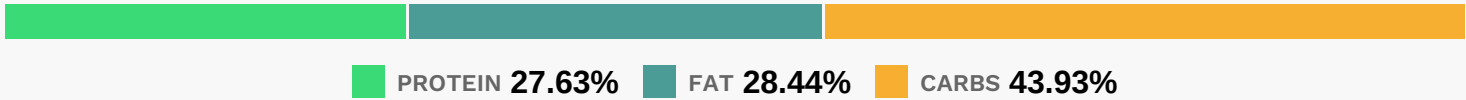
Equipment

- ☐ 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:68.51, Glycemic Load:33.49, Inflammation Score:-4, Nutrition Score:22.913477840631%

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: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 450.85kcal (22.54%), Fat: 14.2g (21.85%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 49.37g (16.46%), Net Carbohydrates: 47.79g (17.38%), Sugar: 19.35g (21.5%), Cholesterol: 77.52mg (25.84%), Sodium: 1037.94mg (45.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.09%), Vitamin B1: 1.22mg (81.27%), Selenium: 41.02µg (58.6%), Manganese: 1.07mg (53.44%), Vitamin B6: 1.05mg (52.39%), Vitamin B3: 8.84mg (44.2%), Phosphorus: 381.15mg (38.12%), Vitamin B2: 0.5mg (29.63%), Zinc: 3.81mg (25.38%), Potassium: 773.05mg (22.09%), Copper: 0.41mg (20.71%), Magnesium: 68.35mg (17.09%), Vitamin B5: 1.57mg (15.67%), Vitamin K: 15.29µg (14.56%), Iron: 2.42mg (13.44%), Vitamin B12: 0.71µg (11.86%), Vitamin E: 0.97mg (6.45%), Fiber: 1.57g (6.3%), Folate: 18.6µg (4.65%), Calcium: 42.07mg (4.21%), Vitamin C: 2.72mg (3.3%), Vitamin D: 0.34µg (2.27%), Vitamin A: 69.24IU (1.38%)