



## Pork Tenderloin with Pepper Jelly and Gorgonzola

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup brandy
- ☐ 0.5 cup chicken stock see
- ☐ 3 sprigs thyme leaves fresh
- ☐ 3 cloves garlic chopped
- ☐ 1 tablespoon garlic salt
- ☐ 1.3 cups gorgonzola cheese crumbled
- ☐ 0.5 teaspoon fresh-ground pepper black

- ☐ 1.5 cups pepper jelly hot
- ☐ 2 tablespoons olive oil
- ☐ 3 pound pork tenderloins
- ☐ 1 bell pepper red seeded thinly sliced
- ☐ 1 small rosemary sprig fresh
- ☐ 3 shallots peeled sliced

## Equipment

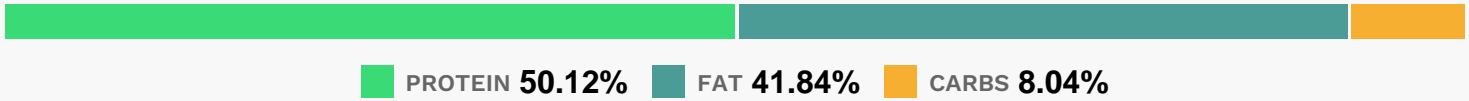
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Sprinkle pork tenderloins with garlic salt and pepper. Allow to stand at room temperature for 30 minutes.
- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Heat 2 tablespoons of olive oil in a saucepan over medium heat. Stir in garlic, shallots, and red pepper; cook and stir until the onions have softened and turned translucent, about 10 minutes.
- ☐ Add chicken stock, brandy, thyme, and rosemary. Increase heat to medium-high, and simmer until the sauce has reduced by 1/3, about 5 minutes.
- ☐ Remove the thyme and rosemary sprigs, and stir in the hot pepper jelly until melted; set aside.
- ☐ Meanwhile, heat remaining 2 tablespoons of olive oil in a skillet over high heat until it just begins to smoke.
- ☐ Add pork, and cook until golden brown on all sides, about 5 minutes.
- ☐ Remove pork and place into a roasting pan.

- ☐
- Roast pork in preheated oven until a thermometer inserted into the center registers 145 degrees F (63 degrees C), about 10 minutes. Once done, place pork onto a plate and cover with foil; allow to rest for 5 minutes.
- ☐
- To serve, remove peppers and onions from the sauce, and spread out onto a serving platter. Slice pork diagonally into 1-inch slices and arrange over the peppers.
- ☐
- Pour 1/2 cup of the brandy sauce over the pork, and sprinkle with 3/4 cup of Gorgonzola cheese.
- ☐
- Serve remaining sauce and cheese in separate serving dishes on the side.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:29.615651991056%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 361.83kcal (18.09%), Fat: 14.95g (23%), Saturated Fat: 5.87g (36.7%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 5.3g (1.93%), Sugar: 3.19g (3.55%), Cholesterol: 124.26mg (41.42%), Sodium: 1189.76mg (51.73%), Alcohol: 5.01g (100%), Alcohol %: 2.29% (100%), Protein: 40.3g (80.6%), Vitamin B1: 1.72mg (114.54%), Vitamin B6: 1.57mg (78.69%), Selenium: 54.87µg (78.38%), Vitamin C: 61.21mg (74.2%), Vitamin B3: 12.19mg (60.97%), Phosphorus: 510.3mg (51.03%), Vitamin B2: 0.7mg (40.95%), Zinc: 3.85mg (25.67%), Potassium: 892.5mg (25.5%), Vitamin B5: 1.87mg (18.71%), Vitamin B12: 1.1µg (18.33%), Vitamin A: 894.69IU (17.89%), Magnesium: 62.04mg (15.51%), Iron: 2.34mg (13%), Calcium: 117.41mg (11.74%), Copper: 0.22mg (11.25%), Vitamin E: 1.36mg (9.08%), Manganese: 0.17mg (8.47%), Vitamin K: 7.53µg (7.17%), Folate: 23.97µg (5.99%), Fiber: 1.16g (4.64%), Vitamin D: 0.6µg (3.99%)