



Pork Tenderloin with Plum Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons rosemary leaves fresh minced
- ☐ 1 tablespoon garlic chopped
- ☐ 2 teaspoons ginger grated peeled
- ☐ 4 teaspoons herbs de provence
- ☐ 6 servings pepper freshly ground

- ☐ 0.5 cup brown sugar light packed ()
- ☐ 1 tablespoon mustard seeds
- ☐ 4 teaspoons olive oil
- ☐ 16 slices pancetta italian thin (bacon; 8 ounces)
- ☐ 2 pounds pork tenderloin
- ☐ 4 plums black red
- ☐ 1 large shallots sliced lengthwise

Equipment

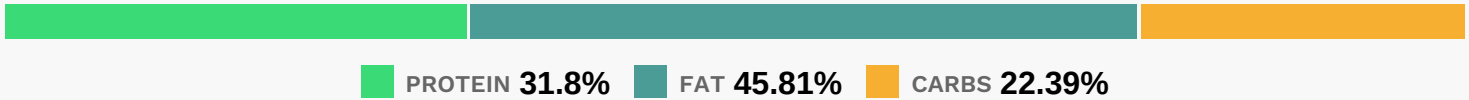
- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Peel plums, if desired. Halve and pit.
- ☐ Cut into 1/2" wedges.
- ☐ Heat oil in a medium saucepan overmedium heat.
- ☐ Add shallot and cook, stirringoccasionally, until shallot begins to soften,about 2 minutes.
- ☐ Add brown sugar, next6 ingredients, and 1/4 cup water. Cook,stirring occasionally, until mixture isfragrant, about 2 minutes. Stir in plums.Cover and simmer over medium heat,stirring occasionally, for 8 minutes. Uncoverand continue cooking, stirring occasionally,until fruit is soft and juices have thickened,20–25 minutes. Season to taste with salt.
- ☐ Let cool slightly. DO AHEAD: Chutney canbe made 1 week ahead. Cover and chill.Rewarm slightly before serving.
- ☐ Stir rosemary, herbes de Provence,and oil in a small bowl. Rub all overpork; season with salt and pepper. Wrappancetta slices around pork and tie at2" intervals with kitchen twine to holdtogether. DO AHEAD: Can be made 1 dayahead. Cover and chill.

- ☐
- If using a charcoal grill, build a medium-hotfire; push coals over to 1 side of grill.If using a gas grill, heat all but 1 burnerto high. Grill tenderloins over hot part ofgrill, turning frequently, until a crisp browncrust forms on all sides, 8-10 minutes.Move tenderloins to cooler part of grill togently cook through; cover and cook untilan instant-read thermometer inserted intothe middle of each loin registers 145°F, 15-20minutes longer.
- ☐
- Transfer tenderloins to a cutting board.
- ☐
- Let rest for 10 minutes. Slice thinly andserve with plum chutney alongside.

Nutrition Facts



Properties

Glycemic Index:36.28, Glycemic Load:2.08, Inflammation Score:-5, Nutrition Score:24.908695635588%

Flavonoids

Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 470.96kcal (23.55%), Fat: 23.72g (36.5%), Saturated Fat: 7.21g (45.04%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 24.67g (8.97%), Sugar: 22.68g (25.2%), Cholesterol: 122.92mg (40.97%), Sodium: 333.1mg (14.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.11%), Vitamin B1: 1.62mg (108.28%), Selenium: 57.65µg (82.36%), Vitamin B6: 1.32mg (66.12%), Vitamin B3: 11.85mg (59.26%), Phosphorus: 451.91mg (45.19%), Vitamin B2: 0.56mg (33.1%), Zinc: 3.52mg (23.46%), Potassium: 817.96mg (23.37%), Iron: 3.01mg (16.7%), Vitamin B12: 0.97µg (16.21%), Vitamin B5: 1.6mg (16.02%), Vitamin K: 16.44µg (15.66%), Magnesium: 61.36mg (15.34%), Manganese: 0.26mg (12.99%), Copper: 0.22mg (10.85%), Vitamin E: 1.14mg (7.61%), Vitamin C: 5.58mg (6.76%), Fiber: 1.43g (5.71%), Calcium: 54.49mg (5.45%), Vitamin A: 216.81IU (4.34%), Vitamin D: 0.6µg (4.02%), Folate: 9.51µg (2.38%)