



## Pork Tenderloin with Plum Sauce

 Gluten Free  Dairy Free

READY IN



290 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon cornstarch
- 2 teaspoons garlic salt (recommended: Lawry's)
- 1 teaspoon ground pepper black
- 2 tablespoons olive oil extra-virgin
- 0.5 cup plum sauce chinese-style (recommended: Dynasty)
- 1.5 pounds pork tenderloin dry rinsed
- 2 teaspoons poultry seasoning (recommended: McCormick)
- 1 cup white wine (recommended: Chardonnay)

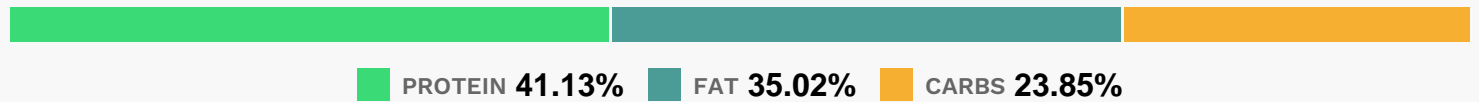
## Equipment

- bowl
- whisk
- slow cooker

## Directions

- In a small bowl, stir together garlic salt, poultry seasoning, and black pepper. Season all sides of tenderloin; set aside.
- Add white wine, plum sauce, and cornstarch to a slow cooker; whisk to combine.
- Place both tenderloins into cooker, and sprinkle remaining spice rub over the top.
- Cook on HIGH for 4 hours.
- Let tenderloin rest 25–30 minutes before slicing. Slice 1/2-inch thick slices at an angle.
- Serve sliced tenderloin hot with plum sauce drizzled on top.

## Nutrition Facts



## Properties

Glycemic Index:11.75, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:23.674782607866%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 397.29kcal (19.86%), Fat: 13.49g (20.76%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 20.16g (7.33%), Sugar: 0.61g (0.68%), Cholesterol: 110.56mg (36.85%), Sodium: 1459.99mg

(63.48%), Alcohol: 6.18g (100%), Alcohol %: 2.78% (100%), Protein: 35.66g (71.32%), Vitamin B1: 1.68mg (112.23%), Selenium: 51.91µg (74.15%), Vitamin B6: 1.38mg (68.78%), Vitamin B3: 11.73mg (58.65%), Phosphorus: 435.28mg (43.53%), Vitamin B2: 0.62mg (36.3%), Potassium: 823.68mg (23.53%), Zinc: 3.37mg (22.45%), Iron: 2.82mg (15.65%), Magnesium: 59.69mg (14.92%), Vitamin B5: 1.48mg (14.8%), Vitamin B12: 0.88µg (14.74%), Manganese: 0.27mg (13.69%), Vitamin K: 13.33µg (12.69%), Copper: 0.2mg (10.03%), Vitamin E: 1.4mg (9.34%), Vitamin D: 0.51µg (3.4%), Calcium: 33.19mg (3.32%), Fiber: 0.52g (2.1%), Folate: 4.35µg (1.09%)