



Pork Tenderloin with Pomegranate Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pound pork tenderloins trimmed
- ☐ 2 cups pomegranate juice
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

Equipment

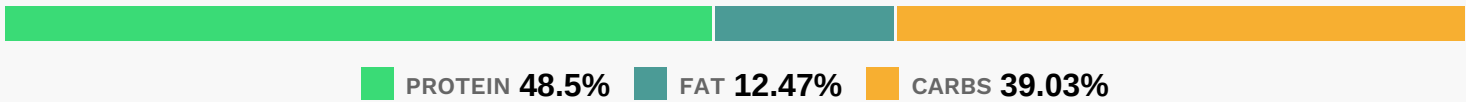
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine juice and sugar in a medium saucepan over medium heat, and bring to a boil. Cook until reduced to 1/2 cup (about 8 minutes).
- ☐ Pour half of glaze into a small bowl; set aside.
- ☐ Sprinkle pork evenly with salt and pepper.
- ☐ Place pork on the rack of a broiler pan coated with cooking spray; place rack in pan.
- ☐ Brush pork with half of glaze in saucepan.
- ☐ Bake at 450 for 15 minutes or until a thermometer registers 14
- ☐ Baste pork with remaining glaze in saucepan; cook an additional 5 minutes or until thermometer registers 15
- ☐ Remove pork from oven; baste with half of glaze in bowl.
- ☐ Let pork stand 10 minutes.
- ☐ Cut pork across grain into thin slices.
- ☐ Serve pork with glaze mixture.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:5.83, Inflammation Score:-2, Nutrition Score:15.922608770187%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 200.72kcal (10.04%), Fat: 2.73g (4.2%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 19.12g (6.95%), Sugar: 18.78g (20.86%), Cholesterol: 73.71mg (24.57%), Sodium: 261.46mg (11.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.89g (47.78%), Vitamin B1: 1.14mg (76.28%), Selenium: 35.23µg (50.33%), Vitamin B6: 0.91mg (45.73%), Vitamin B3: 7.77mg (38.87%), Phosphorus: 289.35mg (28.94%), Vitamin B2: 0.4mg (23.65%), Potassium: 631.39mg (18.04%), Zinc: 2.22mg (14.8%), Vitamin B5: 1.2mg (11.97%), Vitamin B12: 0.58µg (9.64%), Magnesium: 36.58mg (9.14%), Vitamin K: 8.77µg (8.35%), Iron: 1.21mg (6.71%), Copper: 0.12mg (6.07%), Manganese: 0.11mg (5.37%), Folate: 19.93µg (4.98%), Vitamin E: 0.57mg (3.77%), Calcium: 15.37mg (1.54%), Vitamin D: 0.23µg (1.51%)