



Pork Tenderloin with Pomegranate Sauce



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



1215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 0.8 teaspoon cornstarch
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground coriander
- ☐ 0.8 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 1 cup pomegranate juice plain (such as POM Wonderful)
- ☐ 2 pork tenderloin (each)

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoons sherry vinegar
- ☐ 1 tablespoon butter unsalted
- ☐ 1 tablespoon water

Equipment

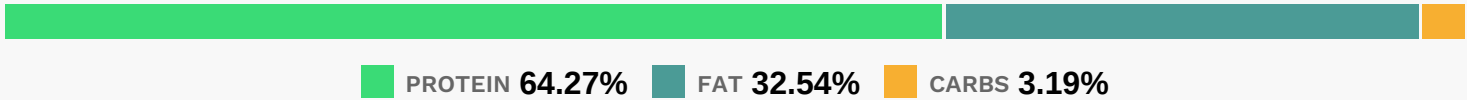
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ kitchen thermometer
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Stir together cumin, coriander, pepper, cinnamon, and salt in a shallow bowl. Pat tenderloins dry and dredge in spice mixture until evenly coated.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking. Reduce heat to moderate and cook pork, turning occasionally, until meat is browned on all sides and thermometer inserted diagonally into center of each tenderloin registers 145°F, 20 to 25 minutes.
- ☐ Transfer pork with tongs to a cutting board (reserve skillet) and let stand 10 minutes.
- ☐ While pork stands, pour off and discard any fat from skillet, then add pomegranate juice to skillet and boil over moderately high heat until reduced to about 2/3 cup, about 3 minutes (if side of skillet begins to scorch, reduce heat to moderate). Stir together cornstarch and water and whisk into juice, then boil sauce until thickened slightly, 1 to 2 minutes.
- ☐ Remove from heat and add Sherry vinegar to taste, then swirl in butter until incorporated.
- ☐ Pour sauce through a fine-mesh sieve into a bowl and skim off any fat. Season with salt. Slice pork and serve with sauce.
- ☐ Per serving: 310 calories, 14g fat (4g saturated fat), 117mg cholesterol, 388mg sodium, 10g carbohydrates, 1g fiber, 36g protein

- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.06, Inflammation Score:-8, Nutrition Score:51.970434871705%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 1214.74kcal (60.74%), Fat: 42.2g (64.93%), Saturated Fat: 13.54g (84.62%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 8.83g (3.21%), Sugar: 7.86g (8.74%), Cholesterol: 597.08mg (199.02%), Sodium: 769.64mg (33.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 187.58g (375.16%), Vitamin B1: 8.92mg (594.66%), Selenium: 275.2µg (393.14%), Vitamin B6: 6.97mg (348.33%), Vitamin B3: 60.13mg (300.66%), Phosphorus: 2216mg (221.6%), Vitamin B2: 3.07mg (180.6%), Zinc: 17.07mg (113.78%), Potassium: 3716.71mg (106.19%), Vitamin B12: 4.72µg (78.71%), Vitamin B5: 7.78mg (77.79%), Magnesium: 252.82mg (63.21%), Iron: 9.28mg (51.54%), Copper: 0.83mg (41.74%), Vitamin E: 3.34mg (22.29%), Vitamin D: 2.77µg (18.49%), Manganese: 0.3mg (14.94%), Vitamin K: 11.65µg (11.09%), Calcium: 72.87mg (7.29%), Folate: 15.16µg (3.79%), Vitamin A: 113.16IU (2.26%), Fiber: 0.49g (1.96%)