



Pork Tenderloin with Port and Prunes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.5 cup chicken broth low-sodium homemade canned
- 1.5 tablespoons cooking oil
- 2.5 teaspoons ground coriander
- 0.3 teaspoon fresh-ground pepper black
- 1.5 pound pork tenderloins
- 0.5 cup port
- 20 prune- cut to pieces pitted

0.8 teaspoon salt

Equipment

frying pan

oven

whisk

Directions

Heat the oven to 40

Season the tenderloins with 2 teaspoons of the coriander, 1/2 teaspoon of the salt, and the pepper.

In a large ovenproof frying pan, heat the oil over moderately high heat.

Add the tenderloins and brown on all sides, about 3 minutes.

Put the pan in the oven and cook until the tenderloins are just done to medium, about 15 minutes.

Transfer the tenderloins to a carving board and leave to rest in a warm spot for about 5 minutes.

Pour off all the fat from the pan.

Put the pan over moderate heat and add the port. Bring to a boil, scraping the bottom of the pan to dislodge any brown bits.

Add the broth, prunes, and the remaining 1/4 teaspoon salt. Boil until reduced to approximately 1/2 cup, about 3 minutes.

Whisk in the remaining 1/2 teaspoon coriander and the butter. Slice the tenderloins and serve topped with the prunes and sauce.

Wine Recommendation: A light-bodied or subtly flavored red wine would fade away next to the intense fruity flavors of this dish. Fortunately, lusty red zinfandels are widely available and will work perfectly.

Nutrition Facts

 **PROTEIN 32.62%**  **FAT 34.68%**  **CARBS 32.7%**

Properties

Glycemic Index:27.75, Glycemic Load:8.25, Inflammation Score:-6, Nutrition Score:27.161739090215%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 477.48kcal (23.87%), Fat: 17.52g (26.96%), Saturated Fat: 6.1g (38.15%), Carbohydrates: 37.19g (12.4%), Net Carbohydrates: 33.08g (12.03%), Sugar: 21.43g (23.81%), Cholesterol: 125.61mg (41.87%), Sodium: 582.5mg (25.33%), Alcohol: 4.59g (100%), Alcohol %: 1.98% (100%), Protein: 37.09g (74.18%), Vitamin B1: 1.7mg (113.65%), Selenium: 52.24µg (74.63%), Vitamin B6: 1.41mg (70.36%), Vitamin B3: 12.68mg (63.41%), Phosphorus: 466.38mg (46.64%), Vitamin B2: 0.69mg (40.39%), Vitamin K: 34.19µg (32.56%), Potassium: 1106.72mg (31.62%), Zinc: 3.52mg (23.46%), Magnesium: 73.91mg (18.48%), Copper: 0.33mg (16.73%), Vitamin B5: 1.65mg (16.54%), Fiber: 4.11g (16.42%), Vitamin B12: 0.93µg (15.43%), Iron: 2.47mg (13.72%), Manganese: 0.25mg (12.49%), Vitamin A: 569.52IU (11.39%), Vitamin E: 1.67mg (11.14%), Calcium: 46.65mg (4.67%), Vitamin D: 0.51µg (3.4%)