



Pork Tenderloin with Prunes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 0.3 cup evaporated milk low-fat
- ☐ 1 lb pork tenderloin
- ☐ 0.5 cup prune- cut to pieces pitted
- ☐ 0.5 teaspoon salad oil

☐ 4 servings salt and pepper

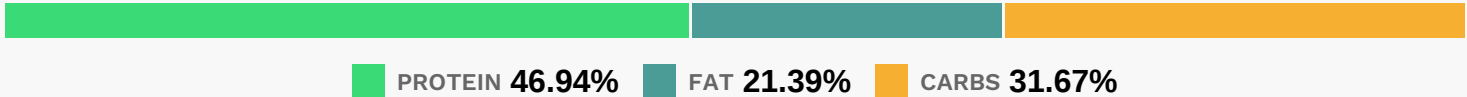
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Trim and discard fat from tenderloin. Rinse meat and pat dry.
- ☐ Pour oil into a 10- to 12-inch nonstick frying pan (with ovenproof handle) over high heat, tilting pan to coat bottom. When oil is hot, add tenderloin and turn as needed to brown on all sides, about 4 minutes total.
- ☐ Remove from heat and spread mustard evenly all over meat.
- ☐ Put pan with pork in a 400 regular or convection oven; bake until a thermometer inserted in center of thickest part of meat reaches 155, 18 to 25 minutes.
- ☐ Transfer tenderloin to a rimmed platter and let stand 5 minutes.
- ☐ While pork stands, add wine, broth, and prunes to unwashed frying pan. Stirring to release browned bits, boil over high heat for 1 minute. With a slotted spoon, lift prunes from pan and arrange around pork.
- ☐ Mix evaporated milk and cornstarch until smooth; add to pan and stir until sauce boils.
- ☐ Add salt and pepper to taste.
- ☐ Pour into a small bowl.
- ☐ Cut pork diagonally into 1/2-inch-thick slices.
- ☐ Serve with sauce and salt and pepper to add to taste.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:3.72, Inflammation Score:-4, Nutrition Score:17.348260825095%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 238.19kcal (11.91%), Fat: 5.15g (7.93%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 15.3g (5.56%), Sugar: 10.32g (11.47%), Cholesterol: 76.43mg (25.48%), Sodium: 472.01mg (20.52%), Alcohol: 3.09g (100%), Alcohol %: 1.79% (100%), Protein: 25.45g (50.9%), Vitamin B1: 1.14mg (76.15%), Selenium: 37.64µg (53.78%), Vitamin B6: 0.94mg (46.81%), Vitamin B3: 8.14mg (40.69%), Phosphorus: 307.25mg (30.73%), Vitamin B2: 0.44mg (25.77%), Potassium: 645.98mg (18.46%), Zinc: 2.31mg (15.38%), Vitamin K: 13.53µg (12.89%), Magnesium: 46.44mg (11.61%), Vitamin B5: 1.11mg (11.11%), Vitamin B12: 0.65µg (10.77%), Copper: 0.17mg (8.73%), Iron: 1.55mg (8.59%), Manganese: 0.15mg (7.56%), Fiber: 1.87g (7.49%), Vitamin A: 178.58IU (3.57%), Vitamin E: 0.46mg (3.05%), Calcium: 29.17mg (2.92%), Vitamin D: 0.34µg (2.27%)