



Pork Tenderloin with Rhubarb-Shallot Compote

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1.5 pound pork tenderloins cut into 6 pieces each
- ☐ 1 pound rhubarb sliced
- ☐ 0.5 cup shallots halved lengthwise thinly sliced
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon thyme plus twelve 2-inch thyme sprigs minced
- ☐ 1.5 tablespoons butter unsalted melted

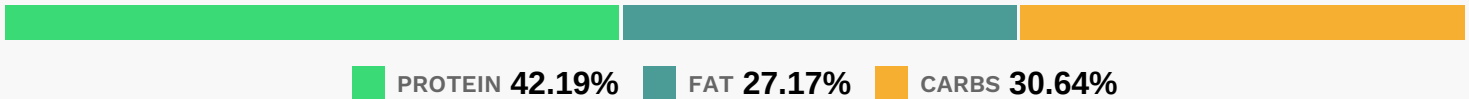
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ oven mitt

Directions

- ☐ Light a grill. In a medium bowl, toss the rhubarb and shallots with the butter to coat. Stir in the sugar and minced thyme and season with salt and pepper.
- ☐ Tear off four 16-inch-long sheets of extra-heavy-duty foil. Mound half of the rhubarb mixture in the center of each of 2 foil sheets. Gently pound the thicker pieces of pork about 1 inch thick. Season with salt and pepper and press a thyme sprig onto each piece. Arrange the pieces of pork in a layer on the rhubarb. Cover with the 2 remaining sheets of foil; fold up the edges all around to seal.
- ☐ Grill the hobo packs over a very hot fire for about 12 minutes, or until sizzling and puffed. Using oven mitts, transfer the packs to a rimmed platter. Open the packs carefully, transfer the pork and rhubarb to plates and serve.
- ☐ Notes: One serving: 345 calories, 6 gm total fat, 7 gm saturated fat, 23 gm carb.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:13.27, Inflammation Score:-7, Nutrition Score:26.990869698317%

Flavonoids

Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 351.54kcal (17.58%), Fat: 10.58g (16.28%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 23.78g (8.65%), Sugar: 20.21g (22.46%), Cholesterol: 121.85mg (40.62%), Sodium: 291.11mg (12.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.96g (73.91%), Vitamin B1: 1.71mg (114.09%), Selenium: 53.29µg (76.14%), Vitamin B6: 1.43mg (71.62%), Vitamin B3: 11.65mg (58.27%), Phosphorus: 448.75mg (44.87%), Vitamin B2: 0.62mg (36.5%), Vitamin K: 33.83µg (32.22%), Potassium: 1098.52mg (31.39%), Zinc: 3.43mg (22.86%), Manganese: 0.34mg (17.12%), Magnesium: 66.65mg (16.66%), Vitamin B5: 1.61mg (16.14%), Vitamin B12: 0.89µg (14.89%), Vitamin C: 12.24mg (14.83%), Iron: 2.35mg (13.07%), Fiber: 3.06g (12.23%), Calcium: 122.24mg (12.22%), Copper: 0.21mg (10.31%), Vitamin A: 275.2IU (5.5%), Vitamin E: 0.81mg (5.43%), Folate: 18.38µg (4.59%), Vitamin D: 0.59µg (3.93%)