

Pork Tenderloin with Roasted Apples and Onions

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 2 tablespoons maple syrup
- 3 medium apples red cored halved cut into 8 wedges
- 1 large onion red halved sliced into ½-inch-thick pieces
- 1 tablespoon olive oil
- 1 serving coarse mustard
- 24 ounces pork tenderloins trimmed

- 1 serving potatoes – remove skin red mashed

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Place one oven rack in top third of oven, and another rack in bottom third. Preheat oven to 450 degrees. Make glaze: In a small saucepan, bring vinegar and maple syrup to a boil over high heat; cook, stirring occasionally, until mixture has reduced to 1/4 cup, 3 to 4 minutes.
- Remove from heat; transfer 1 tablespoon to a small bowl for drizzling, and set aside. Reserve the rest of the glaze in saucepan.
- On a large rimmed baking sheet, toss apples and onion with oil. Season with salt and pepper; arrange in a single layer, and roast until golden, about 15 minutes.
- Remove from oven and toss.
- Meanwhile, line another rimmed baking sheet with aluminum foil; place pork on foil. Season generously with salt and pepper; brush with glaze from saucepan. Return apples and onion to oven, on bottom rack.
- Place pork on top rack; roast 10 minutes.
- Remove pork from oven; brush with glaze (discard any remaining in pan). Roast until pork registers 150 degrees on an instant-read thermometer, and apples and onion are tender, about 10 minutes more.
- Transfer pork to a cutting board, and let rest 10 minutes. Slice 1/4 inch thick; drizzle with reserved tablespoon glaze.
- Serve with apples, onion, and, if desired, Buttermilk Mashed Potatoes.

Nutrition Facts

PROTEIN 43.24% FAT 20.01% CARBS 36.75%

Properties

Glycemic Index:44.38, Glycemic Load:9.37, Inflammation Score:-5, Nutrition Score:24.986521824546%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 340.29kcal (17.01%), Fat: 7.49g (11.53%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 27.16g (9.88%), Sugar: 23.76g (26.4%), Cholesterol: 110.56mg (36.85%), Sodium: 111.05mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.43g (72.86%), Vitamin B1: 1.74mg (116.17%), Selenium: 52.95µg (75.65%), Vitamin B6: 1.41mg (70.6%), Vitamin B3: 11.54mg (57.72%), Phosphorus: 447.66mg (44.77%), Vitamin B2: 0.75mg (44.27%), Potassium: 908.29mg (25.95%), Zinc: 3.41mg (22.72%), Manganese: 0.37mg (18.26%), Vitamin B5: 1.56mg (15.61%), Fiber: 3.8g (15.21%), Magnesium: 60.17mg (15.04%), Vitamin B12: 0.87µg (14.46%), Iron: 2.06mg (11.42%), Copper: 0.21mg (10.3%), Vitamin C: 8.34mg (10.11%), Vitamin E: 1.13mg (7.56%), Vitamin K: 5.25µg (5%), Calcium: 39.07mg (3.91%), Folate: 9.45µg (2.36%), Vitamin D: 0.34µg (2.27%), Vitamin A: 75.17IU (1.5%)