



## Pork Tenderloin with Roasted Apples and Onions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup apple cider dry white
- ☐ 2 teaspoons fennel seeds
- ☐ 2 medium granny smith apples cored peeled sliced
- ☐ 3 tablespoons olive oil divided
- ☐ 1 large onion sliced
- ☐ 14 ounces pork tenderloin
- ☐ 2 tablespoons grain dijon mustard whole

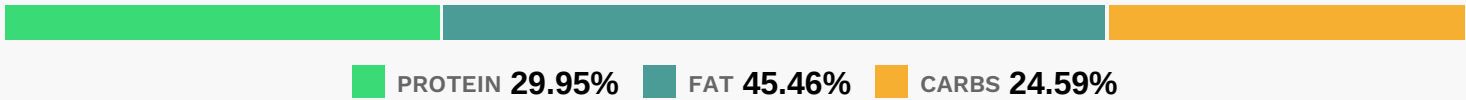
# Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

# Directions

- ☐ Preheat oven to 450°F. Season pork with salt and pepper.
- ☐ Heat 2 tablespoons oil in large nonstick ovenproof skillet over medium-high heat.
- ☐ Add pork and sear until all sides are brown, turning occasionally, about 5 minutes.
- ☐ Transfer pork to plate. Cool slightly.
- ☐ Spread mustard over top and sides of pork; press fennel seeds into mustard.
- ☐ Add remaining 1 tablespoon oil to skillet.
- ☐ Add onion slices and apples; sauté over medium heat until golden, about 5 minutes.
- ☐ Spread evenly in skillet and sprinkle with salt and pepper.
- ☐ Place pork atop apple-onion mixture.
- ☐ Transfer skillet to oven and roast until apple-onion mixture is soft and brown and meat thermometer inserted into center of pork registers 150°F, about 15 minutes.
- ☐ Transfer pork to platter and tent with foil.
- ☐ Let stand 5 minutes.
- ☐ Meanwhile, pour white wine over apple-onion mixture in skillet. Stir mixture over high heat until slightly reduced, about 2 minutes.
- ☐ Cut pork on diagonal into 1/2-inch-thick slices. Spoon apple-onion mixture onto plates. Top with pork and serve.

# Nutrition Facts



# Properties

Glycemic Index:26.5, Glycemic Load:4.23, Inflammation Score:-5, Nutrition Score:16.732608779617%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg 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: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg

Nutrients (% of daily need)

Calories: 306.83kcal (15.34%), Fat: 14.6g (22.46%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 14.22g (5.17%), Sugar: 11.45g (12.72%), Cholesterol: 64.5mg (21.5%), Sodium: 139.1mg (6.05%), Alcohol: 3.09g (100%), Alcohol %: 1.42% (100%), Protein: 21.64g (43.27%), Vitamin B1: 1.03mg (68.46%), Selenium: 32.83µg (46.9%), Vitamin B6: 0.87mg (43.31%), Vitamin B3: 6.82mg (34.1%), Phosphorus: 280.37mg (28.04%), Vitamin B2: 0.38mg (22.42%), Potassium: 591.66mg (16.9%), Fiber: 3.54g (14.17%), Zinc: 2.08mg (13.84%), Vitamin E: 1.93mg (12.85%), Magnesium: 45.54mg (11.39%), Manganese: 0.23mg (11.29%), Vitamin B5: 0.97mg (9.68%), Iron: 1.59mg (8.86%), Vitamin C: 7.2mg (8.73%), Vitamin B12: 0.52µg (8.6%), Vitamin K: 8.71µg (8.29%), Copper: 0.14mg (7.25%), Calcium: 39.53mg (3.95%), Folate: 10.68µg (2.67%), Vitamin D: 0.3µg (1.98%), Vitamin A: 58.55IU (1.17%)