



Pork Tenderloin with Rosemary Biscuit Puffs

READY IN



50 min.

SERVINGS



4

CALORIES



850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large refrigerated/canned biscuits
- ☐ 1.3 cup cherry preserves
- ☐ 1 cup chicken broth
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 clove garlic
- ☐ 4 servings kosher salt and ground pepper black finely
- ☐ 1.5 pounds pork tenderloin
- ☐ 3 large shallots thinly sliced
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Sprinkle the pork with 1 teaspoon salt and 3/4 teaspoon pepper.
- ☐ Heat 2 tablespoons of the butter in a large, heavy nonstick skillet over medium-high heat until hot. Brown the pork on all sides, about 5 minutes total.
- ☐ Add the shallots and cook, stirring occasionally, until golden, about 4 minutes. Stir in the broth and preserves along with 3/4 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Transfer the skillet to the oven and roast until an instant-read thermometer registers 135 degrees F, 12 to 14 minutes.
- ☐ Transfer the pork to a cutting board and let rest 10 minutes. Bring the skillet to a boil over high heat and reduce the sauce to a glaze, about 6 minutes.
- ☐ Flour the top and bottom of the biscuits and cut into 3/4-inch cubes (about 16 cubes per biscuit). Toss the cubes in flour to prevent them from sticking.
- ☐ Melt the remaining butter in a large skillet over medium-high heat. When butter has fully melted, turn the heat to high.
- ☐ Add the biscuit cubes and toss in the butter to coat all sides, stirring frequently, until the dough has puffed and begins to color.
- ☐ Add the garlic and continue cooking until golden brown. Then add the rosemary and continue cooking until the cubes are browned and the rosemary is fragrant, 6 to 8 minutes total.
- ☐ Remove the cubes to a paper-towel-lined baking sheet and season liberally with salt.
- ☐ Slice the pork into 1-inch medallions and serve with cherry glaze and rosemary puffs.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:64.09, Inflammation Score:-6, Nutrition Score:31.411304442779%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 849.78kcal (42.49%), Fat: 24.64g (37.91%), Saturated Fat: 7.56g (47.25%), Carbohydrates: 114.38g (38.13%), Net Carbohydrates: 111.5g (40.54%), Sugar: 55.95g (62.17%), Cholesterol: 127.56mg (42.52%), Sodium: 1069.05mg (46.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.27g (82.54%), Vitamin B1: 2.04mg (136.12%), Selenium: 68.78µg (98.26%), Phosphorus: 781.54mg (78.15%), Vitamin B6: 1.43mg (71.74%), Vitamin B3: 14.04mg (70.21%), Vitamin B2: 0.92mg (54.2%), Potassium: 1005.33mg (28.72%), Iron: 5.03mg (27.97%), Zinc: 3.75mg (25.01%), Manganese: 0.48mg (24.02%), Folate: 72.76µg (18.19%), Copper: 0.35mg (17.65%), Vitamin B5: 1.75mg (17.53%), Magnesium: 68.74mg (17.19%), Vitamin B12: 1.02µg (16.93%), Vitamin C: 11.19mg (13.57%), Fiber: 2.88g (11.53%), Vitamin E: 1.71mg (11.42%), Calcium: 83.54mg (8.35%), Vitamin D: 0.62µg (4.1%), Vitamin A: 197.03IU (3.94%), Vitamin K: 3.97µg (3.78%)