



Pork Tenderloin with Sautéed Apples

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings apple cider
- ☐ 1 cup chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 1 small golden delicious apple cored thinly sliced quartered
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion minced
- ☐ 0.5 teaspoon pepper
- ☐ 1 lb pork tenderloin
- ☐ 0.8 teaspoon salt

- ☐ 2 tablespoons butter unsalted
- ☐ 0.3 cup white wine or

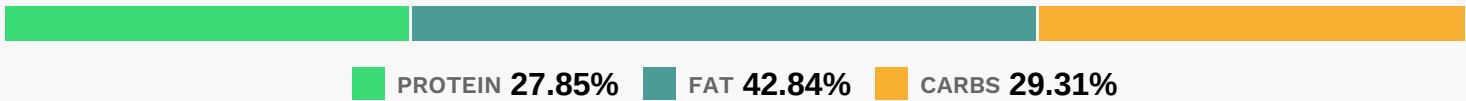
Equipment

- ☐ frying pan

Directions

- ☐ Cut pork into 12 pieces and pound into scallopine about 1/3 inch thick. Season with 1/2 tsp. each salt and pepper
- ☐ Heat 1 Tbsp. oil in a large, nonstick skillet over medium-high heat.
- ☐ Add half of the pork, without crowding pan, and cook, until nicely browned on bottom, about 3 minutes; turn and cook until pork is cooked through, about 3 minutes more.
- ☐ Transfer pork to a plate. Repeat with remaining oil and pork.
- ☐ Add onion and wine to pan; cook over medium heat, stirring, until onion is dry, about 2 minutes.
- ☐ Add broth and apple; simmer until liquid is reduced by half, about 5 minutes.
- ☐ Add butter and remaining 1/4 tsp. salt; stir until incorporated.
- ☐ Remove pan from heat, add pork slices to sauce and turn to coat.
- ☐ Arrange pork on plates, spoon sauce and apples on top and serve.

Nutrition Facts



Properties

Glycemic Index:57.19, Glycemic Load:11.69, Inflammation Score:-4, Nutrition Score:18.216086802275%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 7.77mg, Epicatechin: 7.77mg, Epicatechin: 7.77mg, Epicatechin: 7.77mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 377.02kcal (18.85%), Fat: 17.11g (26.32%), Saturated Fat: 5.96g (37.22%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 24.88g (9.05%), Sugar: 16.16g (17.95%), Cholesterol: 89.93mg (29.98%), Sodium: 721.12mg (31.35%), Alcohol: 2.06g (100%), Alcohol %: 0.68% (100%), Protein: 25.02g (50.05%), Vitamin B1: 1.23mg (81.7%), Selenium: 37.52µg (53.6%), Vitamin B6: 0.93mg (46.64%), Vitamin B3: 8.25mg (41.23%), Phosphorus: 306.89mg (30.69%), Vitamin B2: 0.49mg (29.03%), Potassium: 657.05mg (18.77%), Zinc: 2.31mg (15.37%), Manganese: 0.27mg (13.48%), Magnesium: 44.37mg (11.09%), Vitamin B5: 1.11mg (11.06%), Iron: 1.84mg (10.22%), Vitamin B12: 0.61µg (10.22%), Vitamin E: 1.52mg (10.15%), Copper: 0.16mg (7.76%), Fiber: 1.47g (5.87%), Vitamin K: 5.84µg (5.56%), Folate: 17.62µg (4.4%), Vitamin A: 197.64IU (3.95%), Vitamin D: 0.45µg (2.97%), Calcium: 29.49mg (2.95%), Vitamin C: 1.87mg (2.26%)