



## Pork Tenderloin with Savory Cherry Port Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon butter
- 0.8 cup cherries dried
- 1 cup less-sodium chicken broth fat-free
- 3 tablespoons flour all-purpose
- 0.5 teaspoon ground coriander
- 1.5 pounds pork tenderloin trimmed
- 0.7 cup port sweet

- 0.3 teaspoon salt
- 2 tablespoons shallots finely chopped

## Equipment

- bowl
- frying pan
- kitchen thermometer
- microwave
- colander

## Directions

- Place port in a 1-cup glass measure. Microwave at high 20 seconds or until very warm.
- Combine port and cherries; cover and let stand 10 minutes or until soft.
- Drain cherries in a colander over a bowl, reserving port.
- Combine flour, coriander, salt, and pepper in a shallow dish. Dredge pork in flour mixture. Melt butter in a large heavy skillet over medium-high heat.
- Add pork; cook 3 minutes on each side or until browned.
- Remove pork; stir in reserved port, scraping pan to loosen browned bits.
- Add cherries and shallots. Reduce heat; cook 3 minutes, stirring frequently. Stir in broth; bring to a simmer.
- Return pork to pan. Partially cover and cook 10 minutes. Uncover and cook 12 minutes or until a meat thermometer inserted into thickest portion registers 155 (slightly pink), turning pork occasionally.
- Cut into slices, and serve with sauce.

## Nutrition Facts

 **PROTEIN 58.85%**  **FAT 24.27%**  **CARBS 16.88%**

## Properties

Glycemic Index:37.33, Glycemic Load:2.85, Inflammation Score:-3, Nutrition Score:16.144347957943%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 192.14kcal (9.61%), Fat: 4.52g (6.96%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 6.42g (2.33%), Sugar: 2.7g (3%), Cholesterol: 78.73mg (26.24%), Sodium: 328.35mg (14.28%), Alcohol: 2.83g (100%), Alcohol %: 1.75% (100%), Protein: 24.68g (49.37%), Vitamin B1: 1.17mg (78.16%), Selenium: 37.19µg (53.14%), Vitamin B6: 0.92mg (46.18%), Vitamin B3: 8.11mg (40.55%), Phosphorus: 301.43mg (30.14%), Vitamin B2: 0.43mg (25.31%), Potassium: 554.92mg (15.85%), Zinc: 2.25mg (15.01%), Vitamin B12: 0.66µg (10.97%), Vitamin B5: 1.08mg (10.77%), Magnesium: 38.36mg (9.59%), Iron: 1.6mg (8.89%), Copper: 0.13mg (6.68%), Manganese: 0.12mg (5.89%), Fiber: 0.66g (2.64%), Folate: 9.41µg (2.35%), Vitamin E: 0.32mg (2.13%), Vitamin C: 1.51mg (1.83%), Calcium: 15.53mg (1.55%), Vitamin D: 0.23µg (1.51%), Vitamin A: 70.47IU (1.41%)