



Pork Tenderloin with Shallot-Cider Sauce

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

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon five-spice powder
- 1.5 cups apple cider
- 0.5 cup apple sauce
- 0.3 teaspoon pepper black freshly ground
- 1 garlic clove minced
- 1 pound pork tenderloin trimmed
- 3 tablespoons juice of lemon fresh (1 lemon)
- 0.5 cup less-sodium beef broth

- 1 tablespoon olive oil
- 0.3 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 0.3 cup shallots finely chopped

Equipment

- frying pan
- sauce pan
- oven
- grill
- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 400
- To prepare pork, rub pork with oil and garlic; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Place pork on grill rack or broiler pan coated with cooking spray.
- Bake at 400 for 30 minutes or until a thermometer registers 160 (barely pink).
- Let stand 5 minutes before slicing.
- To prepare sauce, heat a medium saucepan over medium heat. Coat pan with cooking spray.
- Add shallots, and cook 1 1/2 minutes or until tender, stirring occasionally. Stir in cider, broth, applesauce, 1/2 teaspoon salt, five-spice powder, and 1/4 teaspoon pepper; bring to a boil. Cook cider mixture until reduced to 1 cup (about 10 minutes); stir in 3 tablespoons fresh lemon juice.
- Serve sauce with pork.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:4.91, Inflammation Score:-3, Nutrition Score:17.167391228935%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 5.82mg, Epicatechin: 5.82mg, Epicatechin: 5.82mg, Epicatechin: 5.82mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 229.2kcal (11.46%), Fat: 6.2g (9.55%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 16.78g (6.1%), Sugar: 13.22g (14.69%), Cholesterol: 73.71mg (24.57%), Sodium: 412.7mg (17.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.1%), Vitamin B1: 1.18mg (78.36%), Selenium: 35.49µg (50.69%), Vitamin B6: 0.99mg (49.51%), Vitamin B3: 7.74mg (38.68%), Phosphorus: 303.19mg (30.32%), Vitamin B2: 0.42mg (24.69%), Potassium: 711.88mg (20.34%), Zinc: 2.28mg (15.2%), Vitamin B5: 1.1mg (10.97%), Magnesium: 41.82mg (10.46%), Manganese: 0.2mg (10%), Vitamin B12: 0.58µg (9.64%), Iron: 1.68mg (9.36%), Vitamin C: 7.32mg (8.87%), Copper: 0.15mg (7.41%), Vitamin E: 0.84mg (5.59%), Fiber: 1.29g (5.17%), Vitamin K: 2.84µg (2.7%), Calcium: 26.23mg (2.62%), Folate: 9.96µg (2.49%), Vitamin D: 0.23µg (1.51%)