



Pork Tenderloin with Spiced Rhubarb Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 4 servings cilantro leaves fresh
- ☐ 1 teaspoon cumin
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 ounces golden raisins dried
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 2 teaspoons ground cumin

- ☐ 2 pork tenderloins trimmed
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion red generous chopped ()
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 tablespoon garlic
- ☐ 0.8 cup sugar

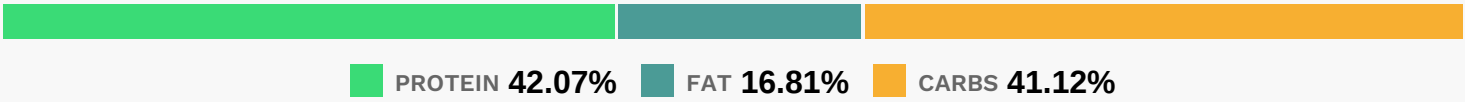
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ Combine first 8 ingredients in heavy large Dutch oven. Bring to simmer over low heat, stirring until sugar dissolves.
- ☐ Add rhubarb, onion and dried cherries; increase heat to medium-high and cook until rhubarb is tender and mixture thickens slightly, about 5 minutes. Cool completely. (Can be made 1 day ahead. Cover and chill. Bring to room temperature before using.)
- ☐ Preheat oven to 400°F.
- ☐ Sprinkle pork with cumin. Season with salt and pepper.
- ☐ Heat oil in heavy large skillet over high heat.
- ☐ Add pork and brown on all sides, about 5 minutes.
- ☐ Transfer to roasting pan.
- ☐ Brush pork with 6 tablespoons chutney. Roast until thermometer inserted into center of pork registers 155°F, brushing occasionally with 6 more tablespoons chutney, about 25 minutes. Slice pork into medallions.
- ☐ Garnish with cilantro and serve with remaining chutney.

Nutrition Facts



Properties

Glycemic Index:71.44, Glycemic Load:32.99, Inflammation Score:-4, Nutrition Score:31.664347513862%

Flavonoids

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: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 516.67kcal (25.83%), Fat: 9.58g (14.75%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 52.74g (17.58%), Net Carbohydrates: 51.34g (18.67%), Sugar: 46.85g (52.05%), Cholesterol: 163.8mg (54.6%), Sodium: 143.4mg (6.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.96g (107.93%), Vitamin B1: 2.54mg (169.33%), Selenium: 78.49µg (112.12%), Vitamin B6: 2.07mg (103.3%), Vitamin B3: 17.15mg (85.74%), Phosphorus: 658.12mg (65.81%), Vitamin B2: 0.91mg (53.6%), Potassium: 1204.44mg (34.41%), Zinc: 4.97mg (33.14%), Manganese: 0.44mg (22.12%), Iron: 3.96mg (21.98%), Vitamin B5: 2.2mg (21.96%), Vitamin B12: 1.29µg (21.42%), Magnesium: 83.75mg (20.94%), Copper: 0.32mg (15.82%), Vitamin E: 1.21mg (8.09%), Fiber: 1.41g (5.62%), Calcium: 48.95mg (4.89%), Vitamin K: 3.67µg (3.5%), Vitamin C: 2.8mg (3.39%), Vitamin D: 0.5µg (3.36%), Vitamin A: 64.58IU (1.29%), Folate: 4.8µg (1.2%)