



Pork Tenderloin with Tangy Grape Salad

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 0.8 cup goat cheese crumbled
- ☐ 1.5 cups grapes seedless halved
- ☐ 0.8 cup lower-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup pecans toasted chopped
- ☐ 2 pound pork tenderloins
- ☐ 0.5 teaspoon salt

- ☐ 1 cup shallots sliced
- ☐ 1 tablespoon thyme leaves chopped
- ☐ 0.5 cup riesling wine

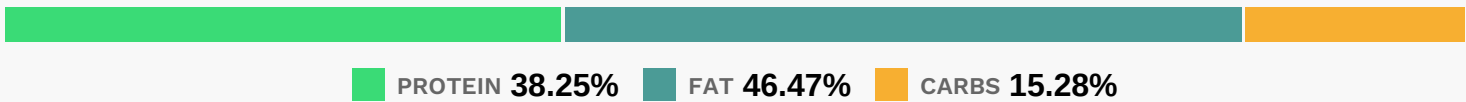
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 400
- ☐ Sprinkle pork tenderloins with salt.
- ☐ Heat 1 tablespoon olive oil in a large ovenproof skillet over medium-high heat.
- ☐ Add pork; saut 4 minutes on each side. Roast at 400 for 12 minutes or until a thermometer registers 145
- ☐ Remove pork; let stand.
- ☐ Heat a medium skillet over medium-high heat.
- ☐ Add 2 teaspoons olive oil.
- ☐ Add shallots and thyme; saut for 4 minutes.
- ☐ Add chicken broth and wine; bring to a boil. Cook for 3 minutes. Stir in grapes and Dijon mustard. Stir in pecans. Slice pork; serve with salad.
- ☐ Sprinkle with goat cheese.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:3.59, Inflammation Score:-8, Nutrition Score:20.497825892075%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

Nutrients (% of daily need)

Calories: 317.18kcal (15.86%), Fat: 15.91g (24.48%), Saturated Fat: 5.24g (32.73%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 9.69g (3.53%), Sugar: 7.32g (8.14%), Cholesterol: 83.5mg (27.83%), Sodium: 370.12mg (16.09%), Alcohol: 1.56g (100%), Alcohol %: 0.81% (100%), Protein: 29.46g (58.93%), Vitamin B1: 1.21mg (80.99%), Vitamin B6: 1.07mg (53.69%), Selenium: 36.88µg (52.68%), Vitamin B3: 7.83mg (39.17%), Phosphorus: 378.56mg (37.86%), Vitamin B2: 0.51mg (29.81%), Manganese: 0.47mg (23.59%), Copper: 0.4mg (20.09%), Potassium: 700.27mg (20.01%), Zinc: 2.79mg (18.63%), Magnesium: 54.56mg (13.64%), Iron: 2.4mg (13.35%), Vitamin B5: 1.27mg (12.68%), Vitamin B12: 0.63µg (10.5%), Fiber: 2.08g (8.32%), Vitamin K: 6.68µg (6.36%), Calcium: 61.93mg (6.19%), Vitamin A: 289.67IU (5.79%), Vitamin C: 4.76mg (5.76%), Vitamin E: 0.85mg (5.66%), Folate: 15.34µg (3.84%), Vitamin D: 0.43µg (2.84%)