



Pork Tenderloin with Tomato-Peach Compote

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

READY IN



40 min.

SERVINGS



6

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 4 garlic clove
- ☐ 1 tablespoon ginger peeled chopped
- ☐ 1 medium onion chopped
- ☐ 1 peaches chopped
- ☐ 1.5 pound pork tenderloin
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons thyme leaves chopped

- ☐ 0.8 pound tomatoes cut into 1-inch pieces
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ mortar and pestle
- ☐ cutting board

Directions

- ☐ Preheat oven to 425°F with rack in middle.
- ☐ Mash garlic, ginger, curry powder, 3/4 teaspoon salt, and 1/2 teaspoon pepper to a paste using mortar and pestle. Rub all over pork.
- ☐ Heat oil in an ovenproof 12-inch heavy skillet over medium-high heat until it shimmers. Brown pork on one side, about 5 minutes, then turn over and transfer skillet to oven. Roast until an instant-read thermometer inserted into thickest part of meat registers 145 to 150°F for juicy meat, 10 to 12 minutes.
- ☐ Let pork rest, uncovered, on a cutting board while making compote.
- ☐ Add onion to skillet (handle will be very hot) and sauté over medium-high heat until softened, 5 to 7 minutes.
- ☐ Add tomatoes and peach and sauté until just softened, 3 to 4 minutes. Stir in thyme and, if desired, sugar.
- ☐ Slice pork and serve with compote.
- ☐ Per serving: Calories 196, Total fat 7g, Saturated Fat 1g, Cholesterol 73mg, Sodium 354mg, Carbohydrate 8g, Fiber 2g, Protein 25g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



 PROTEIN 46.6%  FAT 37.6%  CARBS 15.8%

Properties

Glycemic Index:45.06, Glycemic Load:2.54, Inflammation Score:-8, Nutrition Score:18.567391354105%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 212.43kcal (10.62%), Fat: 8.81g (13.56%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 6.7g (2.44%), Sugar: 5.08g (5.64%), Cholesterol: 73.71mg (24.57%), Sodium: 66.52mg (2.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.15%), Vitamin B1: 1.15mg (76.96%), Selenium: 35.33µg (50.47%), Vitamin B6: 0.97mg (48.7%), Vitamin B3: 8.1mg (40.51%), Phosphorus: 305.31mg (30.53%), Vitamin B2: 0.41mg (24.26%), Potassium: 659.38mg (18.84%), Zinc: 2.36mg (15.72%), Vitamin C: 11.94mg (14.47%), Vitamin K: 14.01µg (13.34%), Vitamin A: 591.58IU (11.83%), Magnesium: 43.6mg (10.9%), Vitamin B5: 1.08mg (10.77%), Vitamin B12: 0.59µg (9.83%), Iron: 1.63mg (9.08%), Manganese: 0.18mg (9.07%), Copper: 0.18mg (8.81%), Vitamin E: 1.19mg (7.94%), Fiber: 1.64g (6.55%), Folate: 14.49µg (3.62%), Calcium: 25.8mg (2.58%), Vitamin D: 0.34µg (2.27%)