



## Pork with Apples, Calvados and Apple Cider

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apple cider
- 5 tablespoons butter
- 0.3 cup calvados
- 1 tablespoon thyme dried fresh chopped
- 1 pound pork tenderloins 1-inch-thick trimmed cut into slices
- 1.5 pounds delicious apples cored peeled sliced
- 2 large shallots chopped
- 1 teaspoon sugar

1 cup whipping cream

## Equipment

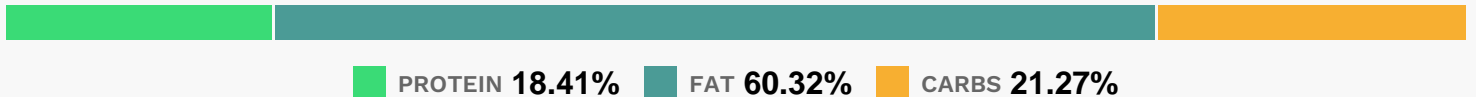
frying pan

plastic wrap

## Directions

- Place pork slices between plastic wrap. Using mallet, pound pork slices to 1/4-inch thickness. (Can be prepared 4 hours ahead. Cover tightly and refrigerate.)
- Melt 2 tablespoons butter in heavy large skillet over medium-high heat.
- Add apples and sugar to skillet and sauté until golden brown, about 6 minutes. Set aside.
- Melt 2 tablespoons butter in another heavy large skillet over high heat. Season pork with salt and pepper.
- Add pork to skillet and sauté until just cooked through, about 2 minutes per side.
- Transfer to plate; keep warm.
- Melt 1 tablespoon butter in same skillet over medium heat.
- Add shallots and thyme and sauté 2 minutes.
- Add Calvados and boil until reduced to glaze, scraping up any browned bits. Stir in cream and cider; boil until mixture thickens to sauce consistency, about 3 minutes. Season with salt and pepper.
- Reheat apples, if necessary. Arrange a few pork slices on each plate. Spoon sauce over. Top generously with sautéed apple slices and serve.

## Nutrition Facts



## Properties

Glycemic Index:59.46, Glycemic Load:8.09, Inflammation Score:-9, Nutrition Score:22.364347644474%

## Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 13.5mg, Epicatechin: 13.5mg, Epicatechin: 13.5mg, Epicatechin: 13.5mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

## Nutrients (% of daily need)

Calories: 596.87kcal (29.84%), Fat: 38.53g (59.28%), Saturated Fat: 23.55g (147.2%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 25.69g (9.34%), Sugar: 22.86g (25.4%), Cholesterol: 178.57mg (59.52%), Sodium: 193.19mg (8.4%), Alcohol: 5.01g (100%), Alcohol %: 1.57% (100%), Protein: 26.46g (52.91%), Vitamin B1: 1.19mg (79.34%), Selenium: 37.1µg (53%), Vitamin B6: 1.02mg (51.18%), Vitamin B3: 7.87mg (39.33%), Phosphorus: 348.66mg (34.87%), Vitamin B2: 0.56mg (32.92%), Vitamin A: 1442.47IU (28.85%), Vitamin K: 24.12µg (22.97%), Potassium: 760.29mg (21.72%), Fiber: 4.88g (19.53%), Zinc: 2.49mg (16.6%), Iron: 2.79mg (15.49%), Vitamin B5: 1.28mg (12.78%), Magnesium: 49.2mg (12.3%), Vitamin C: 9.81mg (11.9%), Vitamin B12: 0.7µg (11.72%), Vitamin E: 1.59mg (10.6%), Manganese: 0.21mg (10.3%), Copper: 0.18mg (8.96%), Calcium: 84.06mg (8.41%), Vitamin D: 1.18µg (7.86%), Folate: 15µg (3.75%)