



WHATSheATE



Pork with Apricots, Dried Plums, and Sauerkraut



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup apricot preserves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup apricots dried
- ☐ 0.5 cup plums dried pitted
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 pound pork tenderloin trimmed

- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 1 cup onion chopped (1 medium)
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon salt
- ☐ 10 ounce sauerkraut refrigerated

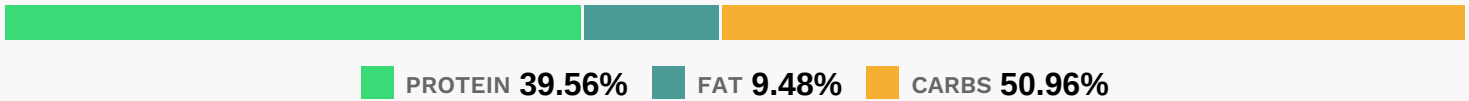
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place pork in an electric slow cooker.
- ☐ Combine onion and remaining ingredients in a large bowl; pour sauerkraut mixture over pork. Cover and cook on LOW for 7 hours.
- ☐ Remove pork from slow cooker.
- ☐ Let stand 10 minutes.
- ☐ Cut pork into 1/4-inch-thick slices.
- ☐ Serve sliced pork with sauerkraut mixture.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:4.28, Inflammation Score:-6, Nutrition Score:19.130000155905%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg 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: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 249.6kcal (12.48%), Fat: 2.68g (4.12%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 29.54g (10.74%), Sugar: 20.24g (22.49%), Cholesterol: 73.71mg (24.57%), Sodium: 609.78mg (26.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.16g (50.33%), Vitamin B1: 1.16mg (77.5%), Selenium: 35.96µg (51.38%), Vitamin B6: 0.99mg (49.66%), Vitamin B3: 8.11mg (40.56%), Phosphorus: 308.72mg (30.87%), Vitamin B2: 0.43mg (25.58%), Potassium: 764.79mg (21.85%), Zinc: 2.35mg (15.65%), Vitamin C: 12.69mg (15.39%), Iron: 2.21mg (12.28%), Vitamin K: 12.59µg (11.99%), Magnesium: 46.33mg (11.58%), Copper: 0.23mg (11.52%), Fiber: 2.87g (11.49%), Vitamin B5: 1.12mg (11.25%), Vitamin B12: 0.58µg (9.64%), Vitamin A: 448.22IU (8.96%), Manganese: 0.17mg (8.63%), Vitamin E: 0.74mg (4.93%), Folate: 16.28µg (4.07%), Calcium: 37.01mg (3.7%), Vitamin D: 0.23µg (1.51%)