



Pork with Potatoes, Apples, and Sour Cream-Cider Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups apple cider
- ☐ 2 apples cut into 1-inch cubes (1 pound)
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup calvados (apple brandy)
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 1 tablespoon olive oil divided

- ☐ 1 large onion cut into 12 wedges
- ☐ 1.5 pound pork tenderloin
- ☐ 9 small potatoes red cut in half (1 1/4 pounds)
- ☐ 0.3 teaspoon salt

Equipment

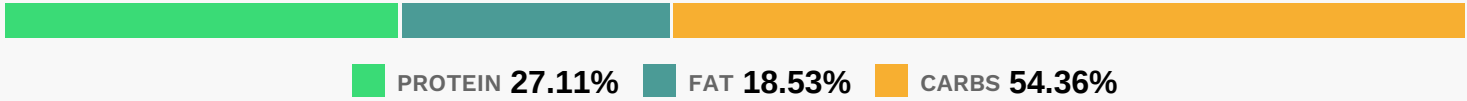
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ Preheat oven to 400
- ☐ Trim fat from pork tenderloin.
- ☐ Heat 1 teaspoon oil in a large, ovenproof Dutch oven over medium-high heat.
- ☐ Add pork; cook 8 minutes or until browned, turning occasionally.
- ☐ Remove pork from pan.
- ☐ Add 2 teaspoons oil to pan.
- ☐ Add onion; saut 5 minutes.
- ☐ Add pork and potatoes to pan; insert a meat thermometer into thickest portion of pork.
- ☐ Bake, uncovered, at 400 for 15 minutes.
- ☐ Add apples; bake an additional 20 minutes or until potatoes are tender and thermometer registers 160 (slightly pink).
- ☐ Remove pork and potato mixture from pan; keep warm.
- ☐ Add cider, broth, Calvados, salt, and pepper to pan, scraping pan to loosen browned bits. Bring to a boil over high heat, and cook until reduced to 1 cup (about 8 minutes).
- ☐ Remove from heat. Stir in sour cream, stirring with a whisk until well-blended. Reduce heat, and simmer, uncovered, 1 minute.

- ☐ Cut pork into 1/4-inch-thick slices. Arrange 3 ounces pork on each of 6 plates; top each with 1 cup potato mixture and 1/4 cup sour cream sauce.
- ☐ Note: For an alcohol-free version, simply increase the apple cider to 2 cups and omit the Calvados.

Nutrition Facts



Properties

Glycemic Index:24.46, Glycemic Load:5.4, Inflammation Score:-7, Nutrition Score:27.789130449295%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg

Nutrients (% of daily need)

Calories: 477.78kcal (23.89%), Fat: 9g (13.84%), Saturated Fat: 3.06g (19.1%), Carbohydrates: 59.36g (19.79%), Net Carbohydrates: 53.01g (19.28%), Sugar: 16.43g (18.26%), Cholesterol: 80.42mg (26.81%), Sodium: 376.63mg (16.38%), Alcohol: 6.68g (100%), Alcohol %: 1.43% (100%), Protein: 29.61g (59.21%), Vitamin B1: 1.37mg (91.06%), Vitamin B6: 1.38mg (68.8%), Vitamin B3: 10.78mg (53.9%), Selenium: 37.25µg (53.21%), Potassium: 1819.89mg (52%), Phosphorus: 467.8mg (46.78%), Vitamin C: 27.27mg (33.06%), Vitamin B2: 0.53mg (30.92%), Fiber: 6.34g (25.38%), Copper: 0.49mg (24.55%), Magnesium: 97.57mg (24.39%), Manganese: 0.49mg (24.29%), Zinc: 3.15mg (21.02%), Iron: 3.25mg (18.05%), Vitamin B5: 1.8mg (18.03%), Folate: 54.96µg (13.74%), Vitamin B12: 0.75µg (12.43%), Vitamin K: 10.4µg (9.9%), Calcium: 75.22mg (7.52%), Vitamin E: 0.79mg (5.26%), Vitamin D: 0.38µg (2.52%), Vitamin A: 117.06IU (2.34%)