



Port-Marinated Tenderloin with Cranberries

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



91 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound frangelico
- 3 tablespoons brown sugar
- 1 cup cranberry juice cocktail
- 1 cup cranberries dried
- 1 tablespoon flour all-purpose
- 3 garlic clove minced
- 1 teaspoon pepper
- 2 tablespoons soy sauce low-sodium

- 1 cup port wine
- 0.3 teaspoon salt

Equipment

- frying pan
- oven
- whisk
- kitchen thermometer
- ziploc bags
- broiler pan

Directions

- Trim fat from tenderloin.
- Combine tenderloin and next 8 ingredients (tenderloin through garlic) in a large zip-top plastic bag, and seal bag. Marinate in refrigerator 24 hours, turning bag occasionally.
- Remove tenderloin from bag, reserving the marinade.
- Preheat oven to 50
- Place tenderloin on a broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of tenderloin.
- Place in oven; immediately reduce oven temperature to 350; bake 1 hour and 10 minutes or until thermometer registers 145 (medium-rare) to 160 (medium).
- Let stand 10 minutes.
- Combine flour and 2 tablespoons reserved marinade in a large skillet; stir with a whisk.
- Add remaining marinade to skillet, stirring with a whisk until blended. Bring to a boil; cook 8 minutes or until thick, stirring constantly.
- Serve warm with tenderloin.
- Garnish with thyme sprigs, if desired.

Nutrition Facts



■ PROTEIN 2.31% ■ FAT 1.86% ■ CARBS 95.83%

Properties

Glycemic Index:16.42, Glycemic Load:2.14, Inflammation Score:-2, Nutrition Score:1.5417391160584%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.87mg, Peonidin: 0.87mg, Peonidin: 0.87mg, Peonidin: 0.87mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 91.23kcal (4.56%), Fat: 0.15g (0.24%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 17.24g (6.27%), Sugar: 14.33g (15.92%), Cholesterol: 0mg (0%), Sodium: 148.19mg (6.44%), Alcohol: 3.06g (100%), Alcohol %: 2.26% (100%), Protein: 0.43g (0.86%), Vitamin C: 9.17mg (11.12%), Manganese: 0.11mg (5.6%), Fiber: 0.63g (2.52%), Vitamin E: 0.27mg (1.81%), Potassium: 45.58mg (1.3%), Copper: 0.03mg (1.28%), Magnesium: 5.14mg (1.28%), Iron: 0.22mg (1.25%), Vitamin K: 1.27µg (1.21%)