



WHATSheATE



HEALTH SCORE

63%

Potted Pork Tenderloin with Sweet Onions and Apple



Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



945 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup cloudy apple cider



2 medium macintosh apples peeled chopped



3 tablespoons butter



0.3 cup calvados



1.5 teaspoons fennel pollen



6 servings flour for dredging



2 bay leaves fresh

- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 medium onions cut into thin wedges, root end attached
- ☐ 2 pork tenderloins cut into large chunks 2 1/2 pounds
- ☐ 3 sprigs sage fresh very thinly sliced

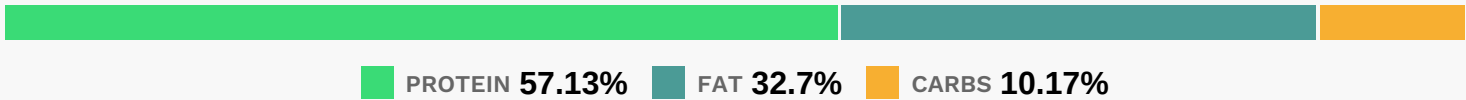
Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Season the pork with fennel, salt, and pepper, and dredge in flour.
- ☐ Heat a few tablespoons extra-virgin olive oil, a couple turns of the pan, in a Dutch oven over medium-high heat.
- ☐ Add the pork and brown the meat. Do this in 2 batches if your pot size demands it. Use a little extra oil if necessary for a second batch.
- ☐ Remove the browned meat to a plate and add the butter to the pan. Reduce the heat a bit and add the onions, apples, bay leaves, and sage. Season with salt and pepper and cover the pan to sweat the onions for 12 to 15 minutes, stirring occasionally. Uncover the pot and raise the heat a bit. When the onions start to brown, add the calvados to the pot.
- ☐ Add the stock, slide the pork back in, and simmer to cook through a few minutes more.
- ☐ Serve from the hot pot.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:7.88, Inflammation Score:-8, Nutrition Score:51.104782353277%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.32mg, Quercetin: 17.32mg, Quercetin: 17.32mg, Quercetin: 17.32mg

Nutrients (% of daily need)

Calories: 945.1kcal (47.25%), Fat: 32.51g (50.01%), Saturated Fat: 11.58g (72.37%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 19.59g (7.12%), Sugar: 10.08g (11.2%), Cholesterol: 409.28mg (136.43%), Sodium: 421mg (18.3%), Alcohol: 3.34g (100%), Alcohol %: 0.52% (100%), Protein: 127.77g (255.54%), Vitamin B1: 6.06mg (403.76%), Selenium: 187.08µg (267.26%), Vitamin B6: 4.77mg (238.37%), Vitamin B3: 41.22mg (206.1%), Phosphorus: 1520.97mg (152.1%), Vitamin B2: 2.15mg (126.34%), Manganese: 2.21mg (110.71%), Zinc: 11.6mg (77.33%), Potassium: 2611.11mg (74.6%), Copper: 1.24mg (61.96%), Vitamin B12: 3.16µg (52.6%), Vitamin B5: 5.23mg (52.3%), Magnesium: 179.5mg (44.87%), Iron: 6.7mg (37.19%), Vitamin E: 2.31mg (15.37%), Fiber: 3.15g (12.61%), Vitamin D: 1.81µg (12.09%), Vitamin C: 8.42mg (10.2%), Folate: 31.77µg (7.94%), Calcium: 68.87mg (6.89%), Vitamin K: 5.19µg (4.95%), Vitamin A: 225.73IU (4.51%)