



Quinoa Stuffed Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small apples cored peeled chopped
- ☐ 1 pinch garam masala to taste
- ☐ 2 cloves garlic chopped
- ☐ 1 pinch ground cinnamon
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 4 mushrooms chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 onion chopped

- ☐ 2 tablespoons pinenuts
- ☐ 1 pound pork tenderloin
- ☐ 0.3 cup quinoa uncooked
- ☐ 0.3 cup raisins
- ☐ 0.5 cup water
- ☐ 2 tablespoons white wine

Equipment

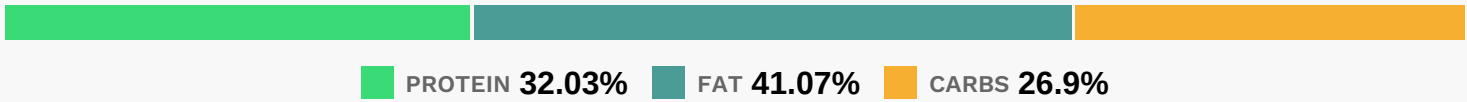
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ meat tenderizer
- ☐ kitchen twine

Directions

- ☐ Bring the quinoa and water to a boil in a saucepan over medium-high heat. Reduce heat to low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 minutes.
- ☐ Heat the olive oil in a skillet over medium heat. Cook and stir the onion, garlic, apples, raisins, pine nuts, and mushrooms until the onion has softened and turned translucent, about 8 minutes. Stir in the white wine, and cook another minute until the liquid has evaporated.
- ☐ Combine the apple mixture and quinoa until evenly mixed; set aside.
- ☐ Preheat an oven to 425 degrees F (220 degrees C).
- ☐ Cut the pork tenderloin from one side through the middle horizontally to within one-half inch of the other side. Open the two sides and spread them out like an open book.

- ☐ Place between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the tenderloin with the smooth side of a meat mallet to a thickness of 1/2 inch.
- ☐ Season the tenderloin on both sides with cinnamon, garam masala, salt, and black pepper. Spoon the quinoa filling onto the tenderloin, then roll up and secure with kitchen twine or toothpicks.
- ☐ Place onto a roasting pan.
- ☐ Roast in the preheated oven until the pork is no longer pink in the center, about 35 minutes. An instant-read thermometer inserted into the center of the filling should read 145 degrees F (63 degrees C). Cover with aluminum foil, and let rest for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:57.95, Glycemic Load:5.79, Inflammation Score:-5, Nutrition Score:21.936956830647%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 336.36kcal (16.82%), Fat: 15.3g (23.54%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 19.55g (7.11%), Sugar: 5.12g (5.69%), Cholesterol: 73.71mg (24.57%), Sodium: 66.47mg (2.89%), Alcohol: 0.77g (100%), Alcohol %: 0.38% (100%), Protein: 26.85g (53.69%), Vitamin B1: 1.21mg (80.83%), Selenium: 37.51µg (53.58%), Vitamin B6: 1.02mg (50.81%), Vitamin B3: 8.77mg (43.85%), Manganese: 0.79mg (39.58%), Phosphorus: 388.78mg (38.88%), Vitamin B2: 0.54mg (31.8%), Potassium: 746.58mg (21.33%), Zinc: 2.96mg (19.75%), Magnesium: 73.48mg (18.37%), Copper: 0.35mg (17.35%), Vitamin B5: 1.4mg (14.04%), Vitamin E: 2.06mg

(13.72%), Iron: 2.37mg (13.16%), Fiber: 2.99g (11.97%), Vitamin B12: 0.6µg (9.96%), Vitamin K: 8.02µg (7.64%), Folate: 28.79µg (7.2%), Vitamin C: 4.15mg (5.03%), Calcium: 26.42mg (2.64%), Vitamin D: 0.38µg (2.53%)