



Roast Pork Tenderloin with Apples and Cider Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup apple cider
- ☐ 0.5 teaspoon tapioca/arrowroot flour
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons apple cider vinegar
- ☐ 1 cup fat-skimmed beef broth fat-free low-sodium
- ☐ 1 pound apples i use 2 granny smith apples cored peeled cut into 16 wedges
- ☐ 1.5 pound pork tenderloin

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons butter unsalted
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon water

Equipment

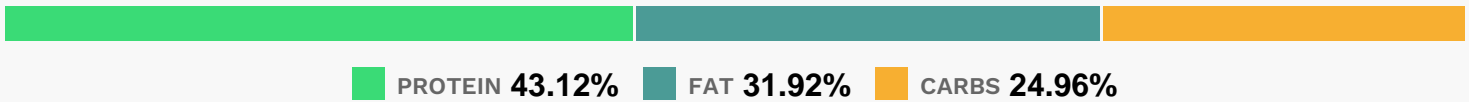
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat oven to 425°F.
- ☐ Pat tenderloins dry and season with salt and pepper.
- ☐ Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then brown tenderloins on all sides, turning with tongs, about 5 minutes total. (If the handle of your skillet is not ovenproof, wrap handle in a triple layer of foil, shiny side out.)
- ☐ Transfer skillet to upper third of oven and roast until a thermometer inserted diagonally into center of meat registers 155°F, 12 to 15 minutes.
- ☐ Transfer to a platter and let stand, loosely covered with foil, 15 minutes before slicing.
- ☐ While meat is standing, heat butter in same skillet (handle will be hot) over moderately high heat until foam subsides.
- ☐ Add apple wedges and sauté, turning occasionally, until tender and golden brown, 5 to 7 minutes.
- ☐ Transfer apples to a plate, then add chicken broth and cider to skillet. Bring to a boil over high heat and meanwhile whisk together arrowroot and water in a small bowl.

- ☐ Whisk arrowroot mixture into sauce and boil until thickened and reduced to about 1 cup,about 5 minutes.
- ☐ Remove from heat and stir in vinegar, measured salt and pepper, and any juices that have accumulated on platter.
- ☐ Cut meat into 1/2-inch-thick slices and serve topped with apples and sauce.
- ☐ Each serving contains about 200 calories and 7 grams fat.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:38.29, Glycemic Load:4.2, Inflammation Score:-3, Nutrition Score:16.163912983044%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 6.93mg, Epicatechin: 6.93mg, Epicatechin: 6.93mg, Epicatechin: 6.93mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 222.7kcal (11.14%), Fat: 7.85g (12.08%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 11.91g (4.33%), Sugar: 10.45g (11.61%), Cholesterol: 77.29mg (25.76%), Sodium: 409.72mg (17.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.87g (47.74%), Vitamin B1: 1.13mg (75.65%), Selenium: 35.24µg (50.34%), Vitamin B6: 0.91mg (45.44%), Vitamin B3: 7.8mg (38.98%), Phosphorus: 290.55mg (29.06%), Vitamin B2: 0.41mg (24.41%), Potassium: 567.18mg (16.21%), Zinc: 2.17mg (14.45%), Vitamin B12: 0.67µg (11.14%), Vitamin B5: 1.06mg (10.57%), Magnesium: 36.39mg (9.1%), Fiber: 1.9g (7.6%), Iron: 1.29mg (7.17%), Copper: 0.13mg (6.69%), Vitamin K: 6.08µg (5.79%), Vitamin C: 3.71mg (4.5%), Manganese: 0.08mg (4.14%), Vitamin E: 0.61mg (4.09%), Vitamin D: 0.37µg (2.43%), Vitamin A: 85.46IU (1.71%), Calcium: 16.17mg (1.62%)