



Roast Pork Tenderloin with Apricot-Miso Glaze



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons apricot preserves
- ☐ 0.3 cup champagne vinegar
- ☐ 1 large garlic clove chopped
- ☐ 0.5 cup chicken broth
- ☐ 2 pound pork tenderloin
- ☐ 0.3 cup miso paste red

Equipment

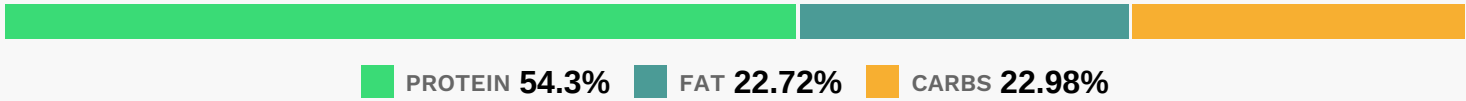
- ☐ baking sheet

- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Preheat oven to 425°. Coat large rimmed baking sheet with oil spray.
- ☐ Combine preserves, miso, vinegar, orange peel, and garlic in small pot over medium heat. Cook until thickened, 1 to 2 minutes. Reserve.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Place on prepared baking sheet, tucking thin end under to ensure even cooking.
- ☐ Brush with 2 tablespoons apricot glaze; roast 12 to 15 minutes. Turn pork over with tongs and brush with 3 more tablespoons glaze. Continue to roast until instant-read thermometer inserted into center of pork registers 150°, 8 to 10 minutes longer.
- ☐ Transfer pork to cutting board, tent with foil, and let rest 10 minutes. Meanwhile, add chicken broth to remaining apricot glaze. Bring to simmer and cook until reduced to 2/3 cup sauce, about 5 minutes. Season with salt and pepper.
- ☐ Slice pork crosswise into 1/2- to 3/4- inch-thick slices and arrange on platter. Spoon sauce over and serve.
- ☐ Per serving: 311 calories, 11 g fat, 0.7 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:20.587391386861%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 250.24kcal (12.51%), Fat: 6.18g (9.51%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 13.39g (4.87%), Sugar: 7.97g (8.86%), Cholesterol: 98.28mg (32.76%), Sodium: 519.47mg (22.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.23g (66.47%), Vitamin B1: 1.5mg (99.8%), Selenium: 47.02µg (67.17%), Vitamin B6: 1.19mg (59.55%), Vitamin B3: 10.38mg (51.88%), Phosphorus: 393.59mg (39.36%), Vitamin B2: 0.55mg (32.14%), Zinc: 3.16mg (21.06%), Potassium: 653.9mg (18.68%), Vitamin B12: 0.82µg (13.58%), Vitamin B5: 1.31mg (13.1%), Magnesium: 47.71mg (11.93%), Iron: 1.93mg (10.71%), Copper: 0.21mg (10.59%), Manganese: 0.14mg (6.96%), Vitamin K: 3.37µg (3.21%), Vitamin D: 0.45µg (3.02%), Fiber: 0.68g (2.72%), Vitamin E: 0.36mg (2.37%), Calcium: 21.23mg (2.12%), Vitamin C: 1.67mg (2.03%)