



Roast Pork Tenderloin with Fresh and Dried Fruit



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup apples dried diced
- ☐ 0.5 cup cranberries or fresh frozen thawed
- ☐ 0.5 cup cooking wine dry white
- ☐ 2.5 teaspoons rosemary fresh divided chopped
- ☐ 0.3 pound kumquats seeded quartered
- ☐ 1.5 cups low-salt chicken broth
- ☐ 2 tablespoons olive oil

- ☐ 2 pound pork tenderloins
- ☐ 4 large shallots chopped

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ tongs

Directions

- ☐ Preheat oven to 375°F.
- ☐ Sprinkle pork with 2 teaspoons rosemary, salt, and pepper.
- ☐ Heat oil in heavy large ovenproof skillet over medium-high heat.
- ☐ Add pork (cut to fit, if necessary) and sauté until brown, turning occasionally, about 10 minutes. Using tongs, transfer pork to plate.
- ☐ Add shallots to skillet and sauté until brown, about 4 minutes.
- ☐ Add apples, kumquats, and cranberries; stir until fruit mixture is heated through, about 1 minute.
- ☐ Add broth, wine, and remaining 1/2 teaspoon rosemary. Boil 1 minute. Return pork and any juices to skillet, turning to coat with sauce.
- ☐ Place skillet in oven and roast pork until thermometer inserted into center registers 145°F to 150°F, about 25 minutes.
- ☐ Transfer pork to platter; let stand 10 minutes. If thicker sauce is desired, boil juices in skillet until reduced enough to coat spoon. Season sauce to taste with salt and pepper. Slice pork crosswise and spoon sauce over.
- ☐ To prevent spoilage, place kumquats in resealable plastic bag lined with paper towels and chill. They'll stay fresh up to two weeks.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:2.86, Inflammation Score:-5, Nutrition Score:22.672608717628%

Flavonoids

Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 10.93mg, Naringenin: 10.93mg, Naringenin: 10.93mg, Naringenin: 10.93mg Apigenin: 4.14mg, Apigenin: 4.14mg, Apigenin: 4.14mg, Apigenin: 4.14mg 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: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 303.96kcal (15.2%), Fat: 10.58g (16.28%), Saturated Fat: 2.57g (16.03%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 12.12g (4.41%), Sugar: 9.85g (10.95%), Cholesterol: 98.28mg (32.76%), Sodium: 110.84mg (4.82%), Alcohol: 2.06g (100%), Alcohol %: 0.9% (100%), Protein: 33.33g (66.66%), Vitamin B1: 1.5mg (100.25%), Selenium: 46.18µg (65.97%), Vitamin B6: 1.26mg (62.76%), Vitamin B3: 11.05mg (55.23%), Phosphorus: 407.33mg (40.73%), Vitamin B2: 0.57mg (33.49%), Potassium: 805.33mg (23.01%), Zinc: 3.04mg (20.26%), Vitamin B5: 1.41mg (14.13%), Vitamin B12: 0.85µg (14.09%), Vitamin C: 11.23mg (13.61%), Magnesium: 52.95mg (13.24%), Iron: 2.21mg (12.25%), Fiber: 3g (12.01%), Copper: 0.22mg (11.17%), Vitamin E: 1.21mg (8.04%), Manganese: 0.16mg (7.94%), Vitamin K: 3.76µg (3.58%), Calcium: 33.47mg (3.35%), Vitamin D: 0.45µg (3.02%), Folate: 9.21µg (2.3%), Vitamin A: 64.72IU (1.29%)