



Roast Pork Tenderloin with Pears and Dried Apricots

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



668 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups beef broth canned
- ☐ 2 cups apricot dried drained chopped
- ☐ 0.3 cup honey
- ☐ 3 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 5 pears cored ripe peeled cut into 6 wedges
- ☐ 2 pound pork tenderloin

- ☐ 4 teaspoons ras el hanout spice mix
- ☐ 4 ounces slivered almonds toasted
- ☐ 0.3 cup butter unsalted ()

Equipment

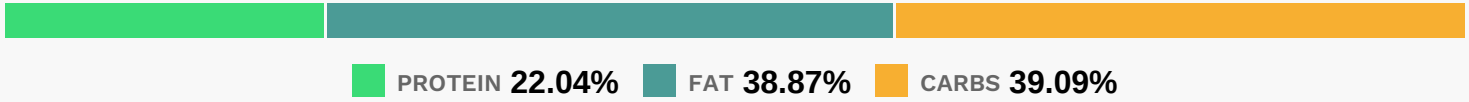
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat oven to 425°F. Melt butter in heavy large pot over medium-high heat.
- ☐ Add 2 teaspoons ras el hanout and stir 1 minute.
- ☐ Add pears and sauté until tender, stirring occasionally, about 4 minutes.
- ☐ Transfer pears to plate.
- ☐ Heat 1 tablespoon oil in same pot over medium heat.
- ☐ Add onion and apricots. Sauté until onion begins to soften, about 3 minutes.
- ☐ Add broth and honey. Simmer until sauce thickens slightly, about 8 minutes. Return pears to pot.
- ☐ Remove from heat. (Sauce can be made 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Mix remaining 2 tablespoons oil and 2 teaspoons ras el hanout in small bowl to blend. Rub mixture all over pork tenderloins.
- ☐ Transfer pork to roasting pan. Roast until meat thermometer inserted into center of pork registers 155°F, about 30 minutes.
- ☐ Transfer pork to cutting board.
- ☐ Let stand 10 minutes.

- ☐ Meanwhile, reheat sauce over medium heat, stirring constantly.
- ☐ Cut pork crosswise into 1/2-inch-thick slices. Divide pork among 6 plates. Spoon sauce and pears over pork.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:27.4, Glycemic Load:21.24, Inflammation Score:-9, Nutrition Score:35.50043484439%

Flavonoids

Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 667.55kcal (33.38%), Fat: 30.08g (46.27%), Saturated Fat: 8.46g (52.89%), Carbohydrates: 68.06g (22.69%), Net Carbohydrates: 57.02g (20.74%), Sugar: 50.86g (56.51%), Cholesterol: 118.61mg (39.54%), Sodium: 310.64mg (13.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.36g (76.72%), Vitamin B1: 1.56mg (104.02%), Selenium: 48.47µg (69.24%), Vitamin B6: 1.33mg (66.66%), Vitamin B3: 12.61mg (63.06%), Vitamin E: 8.7mg (58%), Phosphorus: 524.81mg (52.48%), Vitamin B2: 0.83mg (48.75%), Fiber: 11.03g (44.12%), Potassium: 1493.13mg (42.66%), Vitamin A: 1861.44IU (37.23%), Manganese: 0.73mg (36.7%), Copper: 0.62mg (31.08%), Magnesium: 123.21mg (30.8%), Zinc: 3.84mg (25.61%), Iron: 4.32mg (23.99%), Vitamin K: 21.11µg (20.1%), Vitamin B5: 1.72mg (17.17%), Vitamin B12: 0.84µg (14.07%), Calcium: 129.39mg (12.94%), Vitamin C: 8.27mg (10.02%), Folate: 31.44µg (7.86%), Vitamin D: 0.6µg (3.97%)