



WHATSheATE



HEALTH SCORE

60%

Roast Pork Tenderloin with Pepper Jelly Glaze



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



1050 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 tablespoons cajun meat seasoning blend (for testing purposes, we used Chef Paul's Meat Magic Seasoning)



0.3 cup carrots diced finely



1.3 cups chicken stock see



1 tablespoon cornstarch dissolved in 1 tablespoon cold stock or water



1 tablespoon thyme leaves fresh coarsely chopped



1 tablespoon freshly garlic minced



1 pinch ground cumin



1 cup pepper jelly

- ☐ 1.3 cups olive oil divided
- ☐ 2 tablespoons oregano fresh coarsely chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 pork tenderloins whole trimmed
- ☐ 1 cup red wine (Cabernet Sauvignon or Merlot)
- ☐ 1.3 teaspoons salt divided
- ☐ 1 tablespoon unseasoned rice vinegar
- ☐ 0.3 cup very diced green red yellow finely ()

Equipment

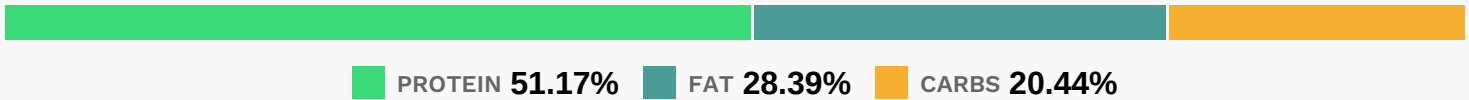
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ stove

Directions

- ☐ Whisk together 1/2 teaspoon salt, wine, and next 4 ingredients in a shallow dish. Slowly add 1 cup olive oil in a thin stream, whisking constantly.
- ☐ Add pork, cover, and chill at least 1 hour, or up to 1 day.
- ☐ Heat 2 tablespoons olive oil in a medium saucepan over high heat.
- ☐ Add carrot, bell peppers, and onion, and cook, stirring occasionally, until onion begins to brown, about 8 minutes.
- ☐ Add cumin and remaining 3/4 teaspoon salt; cook 1 minute.
- ☐ Add Pepper Jelly, stock, and rice vinegar. Bring to a boil, reduce heat to low, and simmer 10 minutes.
- ☐ Raise heat to high, return mixture to a boil, and add dissolved cornstarch, whisking until well blended.
- ☐ Remove from heat, and set aside.

- ☐ Preheat oven to 35
- ☐ Heat remaining 1/4 cup olive oil in a roasting pan on stovetop over high heat.
- ☐ Remove pork from marinade and season with Cajun meat seasoning. Sear pork in pan 3 minutes on each side, and place in oven.
- ☐ Bake until internal temperature reaches 150, about 20 to 25 minutes.
- ☐ Remove from pan, and set aside 5 minutes before slicing.
- ☐ Drain any excess oil from pan.
- ☐ Add reserved Pepper Jelly mixture to pan over high heat, stirring to loosen particles from bottom. Bring to a boil, and remove from heat.
- ☐ Slice pork, and arrange on serving plates. Top each serving with 1/4 cup glaze from pan.

Nutrition Facts



Properties

Glycemic Index:47.31, Glycemic Load:21.63, Inflammation Score:-10, Nutrition Score:52.896087231843%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 1050.33kcal (52.52%), Fat: 31.43g (48.35%), Saturated Fat: 8.7g (54.4%), Carbohydrates: 50.9g (16.97%), Net Carbohydrates: 45.94g (16.71%), Sugar: 29.06g (32.29%), Cholesterol: 394.53mg (131.51%), Sodium: 895.4mg (38.93%), Alcohol: 4.2g (100%), Alcohol %: 0.65% (100%), Protein: 127.44g (254.89%), Vitamin B1: 5.99mg (399.39%), Selenium: 186.11µg (265.87%), Vitamin B6: 4.8mg (240.21%), Vitamin B3: 41.31mg (206.57%), Phosphorus: 1513.9mg (151.39%), Vitamin B2: 2.18mg (128.42%), Zinc: 11.72mg (78.11%), Potassium: 2628.7mg (75.11%), Vitamin K: 63.17µg (60.16%), Iron: 9.93mg (55.15%), Vitamin B12: 3.14µg (52.4%), Vitamin B5: 5.19mg (51.9%), Magnesium: 195.73mg (48.93%), Copper: 0.7mg (34.93%), Manganese: 0.63mg (31.58%), Vitamin E:

4.42mg (29.5%), Vitamin A: 1137.88IU (22.76%), Calcium: 204.42mg (20.44%), Fiber: 4.95g (19.82%), Vitamin C: 12.89mg (15.62%), Vitamin D: 1.81µg (12.09%), Folate: 32.42µg (8.11%)