



Roast Pork Tenderloin with Plum Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 pounds plums black pitted quartered
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons canola oil
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 teaspoons ground mustard dry

- ☐ 2 garlic clove finely chopped
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup catsup
- ☐ 2 pound pork tenderloins trimmed
- ☐ 2 tablespoons soy sauce
- ☐ 1 cup onion chopped
- ☐ 0.3 cup rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 star anise

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add 2 tablespoons canola oil to pan, and swirl to coat.
- ☐ Add onion and garlic; saut 5 minutes, stirring constantly.
- ☐ Add sugar and the next 10 ingredients (through star anise); bring to a boil. Reduce heat, and simmer, partially covered, for 30 minutes or until plums break down and sauce thickens, stirring occasionally. Discard cloves and anise.
- ☐ Preheat oven to 45
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 2 tablespoons oil to pan; swirl to coat.
- ☐ Sprinkle pork evenly with 1/2 teaspoon salt and 1/2 teaspoon black pepper.
- ☐ Add pork to pan; saut 7 minutes, turning to brown on all sides.

- ☐
- Transfer pork to a foil-lined jelly-roll pan; coat with 1/2 cup plum sauce. Roast pork at 450 for 15 minutes.
- ☐
- Remove pork from oven. Turn pork over; coat with an additional 1/2 cup plum sauce. Roast 10 minutes or until a thermometer inserted in thickest portion of pork registers 15
- ☐
- Remove from pan; let stand 10 minutes. Slice crosswise.
- ☐
- Serve with remaining plum sauce.

Nutrition Facts

PROTEIN

41.28%

FAT

23.77%

CARBS

34.95%

Properties

Glycemic Index:26.83, Glycemic Load:3.81, Inflammation Score:-5, Nutrition Score:18.53652165247%

Flavonoids

Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 244.71kcal (12.24%), Fat: 6.47g (9.95%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 19.61g (7.13%), Sugar: 17.63g (19.59%), Cholesterol: 73.71mg (24.57%), Sodium: 421.2mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.27g (50.55%), Vitamin B1: 1.17mg (78.24%), Selenium: 36.53µg (52.19%), Vitamin B6: 0.97mg (48.29%), Vitamin B3: 8.18mg (40.91%), Phosphorus: 315.43mg (31.54%), Vitamin B2: 0.44mg (25.94%), Potassium: 675.4mg (19.3%), Zinc: 2.37mg (15.79%), Manganese: 0.26mg (13.19%), Vitamin C: 10.16mg (12.32%), Magnesium: 46.27mg (11.57%), Vitamin B5: 1.14mg (11.39%), Vitamin B12: 0.58µg (9.64%), Copper: 0.18mg (9.1%), Iron: 1.61mg (8.97%), Vitamin E: 1.25mg (8.36%), Vitamin K: 8.73µg (8.31%), Fiber: 1.79g (7.14%), Vitamin A: 343.61IU (6.87%), Calcium: 28.96mg (2.9%), Folate: 11.48µg (2.87%), Vitamin D: 0.23µg (1.51%)