



Roast Pork Tenderloin with Thyme-Scented Plums

 Gluten Free  Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons honey
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2.5 tablespoons olive oil divided
- ☐ 1 pound plums pitted ripe quartered (6)

☐ 1 pound pork tenderloin

Equipment

☐ frying pan

☐ oven

☐ kitchen thermometer

☐ broiler

Directions

☐ Preheat oven to 500

☐ Heat a large ovenproof skillet over medium-high heat.

☐ Add 1 1/2 tablespoons olive oil to pan; swirl to coat.

☐ Sprinkle pork with 1/2 teaspoon salt and 1/4 teaspoon black pepper.

☐ Add pork to pan; cook 4 minutes, turning to brown on all sides.

☐ Place pan in oven. Cook at 500 for 15 minutes or until a thermometer registers 145

☐ Remove pork from pan.

☐ Let stand 10 minutes; slice crosswise into 12 slices.

☐ Preheat broiler to high.

☐ Without cleaning pan, arrange plums, cut sides up, in pan.

☐ Combine remaining 1 tablespoon oil, honey, and garlic, stirring well; brush plums evenly with honey mixture.

☐ Sprinkle with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Broil plums 6 minutes or until lightly charred; sprinkle with chopped thyme.

☐ Serve with pork.

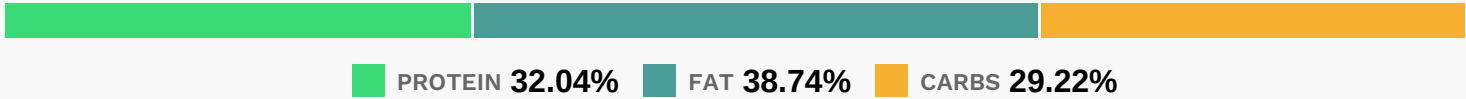
☐ Garnish with thyme sprigs, if desired.

☐ Wine Match: The 2009 Red Diamond Merlot (Washington, \$18)

☐ is smooth and fruity, echoing the sweet plums that highlight the roasted pork. Using peaches instead?

☐ Pour the 2010 Fish Eye Riesling (Australia, \$7), an off-dry white with stone fruit aromas. --
Gretchen Roberts

Nutrition Facts



Properties

Glycemic Index:49.48, Glycemic Load:9.04, Inflammation Score:-8, Nutrition Score:18.182174014009%

Flavonoids

Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 300.27kcal (15.01%), Fat: 13.1g (20.15%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 20.4g (7.42%), Sugar: 19.88g (22.09%), Cholesterol: 73.71mg (24.57%), Sodium: 495.86mg (21.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.37g (48.74%), Vitamin B1: 1.15mg (76.5%), Selenium: 34.56µg (49.38%), Vitamin B6: 0.92mg (45.82%), Vitamin B3: 8.01mg (40.04%), Phosphorus: 296.72mg (29.67%), Vitamin B2: 0.42mg (24.8%), Potassium: 641.75mg (18.34%), Vitamin C: 12.66mg (15.35%), Zinc: 2.29mg (15.25%), Vitamin K: 12.95µg (12.33%), Vitamin E: 1.81mg (12.05%), Vitamin B5: 1.12mg (11.21%), Magnesium: 40.99mg (10.25%), Vitamin B12: 0.59µg (9.83%), Copper: 0.18mg (9.04%), Iron: 1.6mg (8.89%), Vitamin A: 442.44IU (8.85%), Fiber: 1.83g (7.31%), Manganese: 0.15mg (7.3%), Vitamin D: 0.34µg (2.27%), Calcium: 21.11mg (2.11%), Folate: 6.39µg (1.6%)