



Roast Pork Tenderloins with Cranberry-Port Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 tablespoon cornstarch
- ☐ 1.5 cups cranberry juice cocktail
- ☐ 5.5 teaspoons thyme dried
- ☐ 4 garlic clove minced
- ☐ 1.5 teaspoons pepper black
- ☐ 3 pound pork tenderloins fat trimmed

- ☐ 2 cups chicken broth canned
- ☐ 2 cups onion chopped
- ☐ 3 teaspoons orange zest grated
- ☐ 0.3 cup port wine
- ☐ 1.5 teaspoons sage dried
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons vegetable oil

Equipment

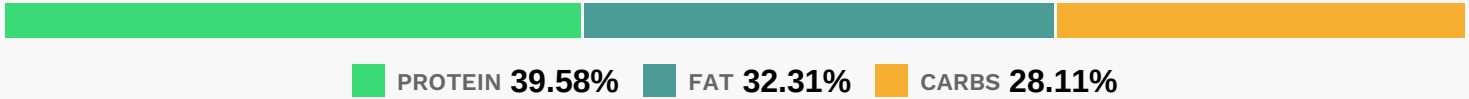
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Melt butter in heavy large skillet over medium-high heat.
- ☐ Add onions; sauté until golden, about 8 minutes.
- ☐ Add garlic, 1 1/2 teaspoons orange peel, sage, and 1 teaspoon thyme; stir 1 minute.
- ☐ Add broth and cranberry juice; simmer until mixture is reduced to 2 1/2 cups, about 8 minutes. Strain sauce into heavy medium saucepan, pressing on solids with back of spoon.
- ☐ Add cranberries and sugar; boil just until berries pop, about 5 minutes.
- ☐ Mix Port and cornstarch in small bowl to blend.
- ☐ Add to sauce; boil until sauce thickens, about 1 minute. Season to taste with salt and pepper. (Cranberry sauce can be made 1 day ahead. Cover and refrigerate.)

- ☐ Mix remaining 4 1/2 teaspoons thyme, 1 1/2 teaspoons salt, and 1 1/2 teaspoons pepper in small bowl.
- ☐ Place pork in large baking dish. Pat dry with paper towel.
- ☐ Brush with 2 tablespoons oil. Rub thyme mixture over pork. (Can be prepared 1 day ahead. Cover and refrigerate.)
- ☐ Preheat oven to 400°F.
- ☐ Heat remaining 1 tablespoon oil in heavy large ovenproof skillet over high heat.
- ☐ Add pork and cook until brown, turning frequently, about 5 minutes.
- ☐ Transfer skillet to oven and roast pork until instant-read thermometer inserted into thickest part of pork registers 150°F, about 20 minutes.
- ☐ Transfer pork to platter; cover to keep warm.
- ☐ Add cranberry sauce and remaining 1 1/2 teaspoons orange peel to same skillet and bring to simmer, stirring frequently.
- ☐ Cut pork into 1/2-inch-thick diagonal slices. Divide slices among 8 plates.
- ☐ Drizzle sauce over and serve.

Nutrition Facts



Properties

Glycemic Index:33.64, Glycemic Load:13.58, Inflammation Score:-8, Nutrition Score:28.496521794278%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 9.34mg, Quercetin: 9.34mg, Quercetin: 9.34mg, Quercetin: 9.34mg

Nutrients (% of daily need)

Calories: 389.47kcal (19.47%), Fat: 13.62g (20.96%), Saturated Fat: 4.83g (30.16%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 25.49g (9.27%), Sugar: 20.51g (22.79%), Cholesterol: 121.85mg (40.62%), Sodium: 581.82mg (25.3%), Alcohol: 1.15g (100%), Alcohol %: 0.41% (100%), Protein: 37.54g (75.08%), Vitamin B1: 1.73mg (115.1%), Selenium: 53.15µg (75.93%), Vitamin B6: 1.4mg (70.03%), Copper: 1.36mg (68.07%), Vitamin B3: 12.32mg (61.59%), Phosphorus: 456.54mg (45.65%), Vitamin B2: 0.62mg (36.59%), Vitamin C: 24.86mg (30.13%), Potassium: 822.78mg (23.51%), Zinc: 3.44mg (22.95%), Vitamin K: 22.81µg (21.72%), Iron: 2.92mg (16.2%), Vitamin B12: 0.94µg (15.59%), Vitamin B5: 1.54mg (15.39%), Magnesium: 55.14mg (13.79%), Manganese: 0.28mg (13.76%), Vitamin E: 1.08mg (7.23%), Fiber: 1.18g (4.7%), Calcium: 44.8mg (4.48%), Vitamin A: 167.25IU (3.35%), Folate: 9.98µg (2.49%), Vitamin D: 0.34µg (2.27%)