Roasted Pork and Potatoes With Creamy Applesauce

Gluten Free

READY IN	SERVINGS	CALORIES
40 min.	4	391 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 cup apple sauce
- [ ] 2 teaspoons thyme leaves fresh
- [ ] 4 servings kosher salt and pepper freshly ground
- [ ] 1 Dash nutmeg freshly grated
- [ ] 1.5 tablespoons olive oil extra-virgin
- [ ] 1.3 pounds pork tenderloin cut into 4 pieces
- [ ] 1 bell pepper red cut into 1-inch pieces

- [ ] 1.5 pounds red-skinned potatoes halved
- [ ] 0.3 cup cup heavy whipping cream light sour

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] baking pan
- [ ] kitchen thermometer
- [ ] cutting board

Directions

- [ ] Preheat the oven to 375 degrees F. Toss the potatoes and bell pepper with the thyme, 1 tablespoon olive oil, 1/2 teaspoon salt, and pepper to taste in a shallow baking dish.
- [ ] Transfer to the oven and roast until the potatoes are slightly tender, about 20 minutes.
- [ ] Meanwhile, mix the applesauce, sour cream and nutmeg in a small bowl and set aside.
- [ ] Pat the pork dry and season with salt and pepper.
- [ ] Heat the remaining 1/2 tablespoon olive oil in a large skillet over medium-high heat.
- [ ] Add the pork and sear until browned on all sides, about 6 minutes.
- [ ] Transfer the pork to the baking dish with the vegetables and continue to roast until a thermometer inserted into the center of the pork registers 145 degrees F, 15 to 20 more minutes.
- [ ] Transfer the pork to a cutting board and let stand 5 minutes before slicing.
- [ ] Serve with the roasted vegetables and creamy applesauce.
- [ ] Per serving: Calories 373; Fat 12 g (Saturated 3 g); Cholesterol 84 mg; Sodium 554 mg; Carbohydrate 31 g; Fiber 5 g; Protein 34 g
- [ ] Photograph by Antonis Achilleos

Nutrition Facts

PROTEIN **34.07%** FAT **28.12%** CARBS **37.81%**

Properties

Glycemic Index:36.75, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:30.239565486493%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 390.8kcal (19.54%), Fat: 12.27g (18.88%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 32.74g (11.91%), Sugar: 9.27g (10.31%), Cholesterol: 97.17mg (32.39%), Sodium: 312.69mg (13.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.46g (66.91%), Vitamin B1: 1.57mg (104.58%), Vitamin B6: 1.48mg (74.17%), Vitamin C: 55.06mg (66.73%), Selenium: 44.46µg (63.52%), Vitamin B3: 11.7mg (58.49%), Phosphorus: 470.79mg (47.08%), Potassium: 1476.46mg (42.18%), Vitamin B2: 0.6mg (35.07%), Zinc: 3.4mg (22.67%), Vitamin A: 1058.82IU (21.18%), Magnesium: 84.59mg (21.15%), Copper: 0.39mg (19.31%), Vitamin B5: 1.78mg (17.84%), Fiber: 4.38g (17.52%), Iron: 3.11mg (17.27%), Manganese: 0.33mg (16.66%), Vitamin B12: 0.8µg (13.29%), Folate: 48.35µg (12.09%), Vitamin E: 1.7mg (11.3%), Vitamin K: 9.93µg (9.46%), Calcium: 54.99mg (5.5%), Vitamin D: 0.45µg (3.03%)