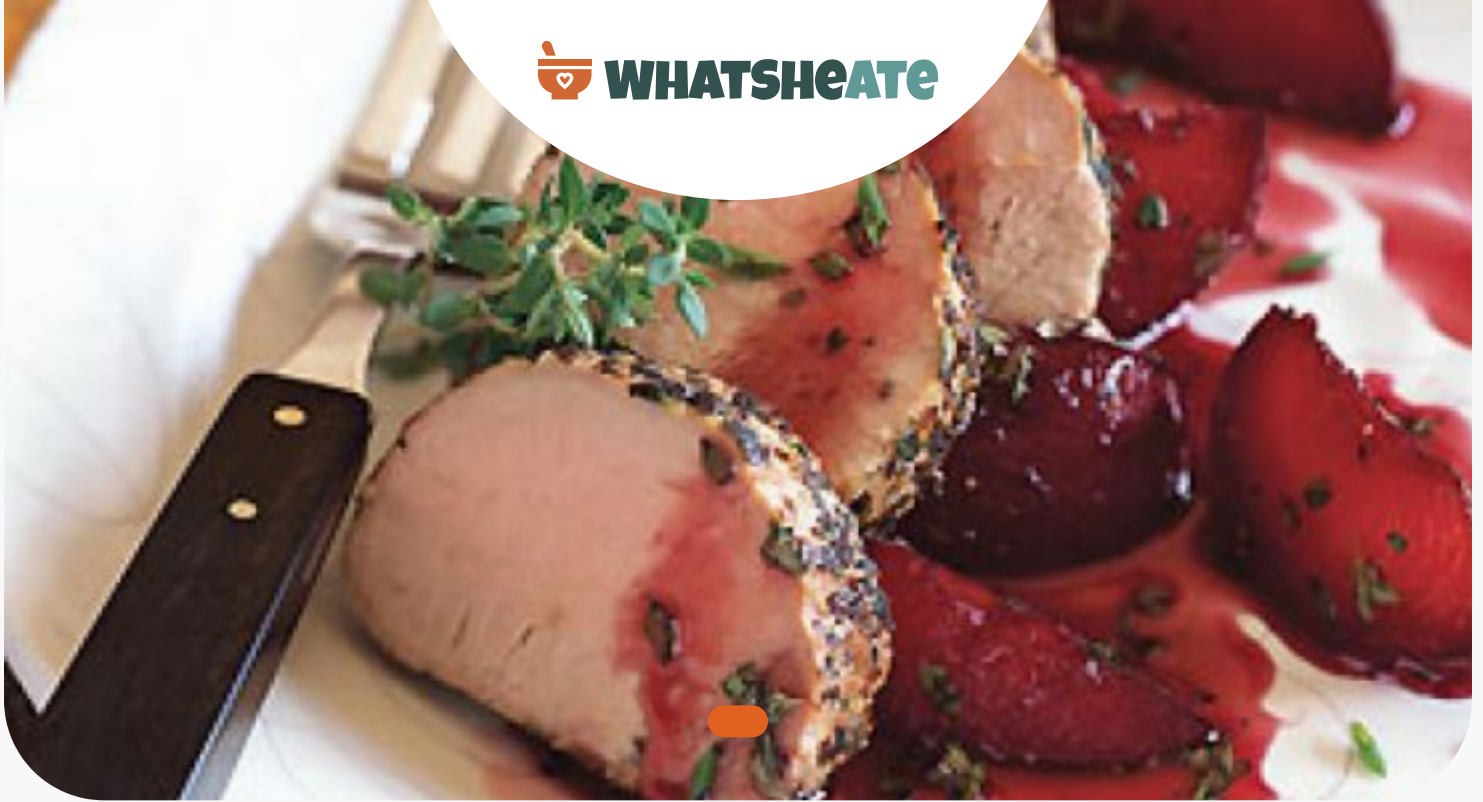




Roasted Pork Loin with Poached Plums



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings cinnamon sticks
- ☐ 1 cup wine dry red
- ☐ 6 servings chives fresh chopped
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 2 garlic clove minced
- ☐ 2 cups chicken broth
- ☐ 3 tablespoons olive oil divided
- ☐ 2.5 pound pork tenderloin

- ☐ 6 plums sweet black red firm pitted quartered (such as Burgundies, Satsumas, or El Dorados; 2 pounds)
- ☐ 2 tablespoons shallots chopped
- ☐ 0.3 cup sugar divided
- ☐ 5 thyme sprigs fresh divided finely chopped
- ☐ 2 star anise whole

Equipment

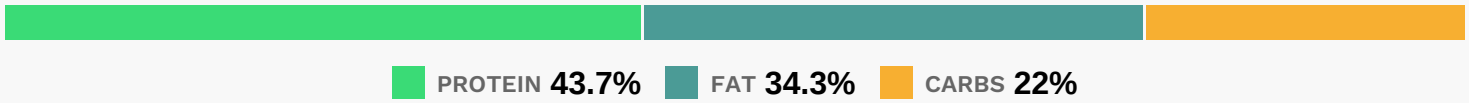
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Combine first 5 ingredients and 1/4 cup sugar in heavy large saucepan; bring to boil, stirring until sugar dissolves. Reduce heat; simmer until plums are tender, about 20 minutes.
- ☐ Transfer plums to platter. Strain wine mixture.
- ☐ Return strained liquid to same saucepan.
- ☐ Add broth, thyme sprigs, and shallot. Boil until mixture is reduced to 1 cup, about 25 minutes. Strain sauce; stir in 1 1/4 teaspoons sugar and chopped thyme. Season with salt and pepper.
- ☐ DO AHEAD:Can be made 1 day ahead. Cover plums and sauce separately; chill. Bring plums to room temperature; rewarm sauce over medium heat.
- ☐ Preheat oven to 400°F.
- ☐ Brush pork with 1 tablespoon oil; sprinkle with thyme, garlic, salt, and pepper.
- ☐ Heat remaining 2 tablespoons oil in large ovenproof skillet over medium-high heat.
- ☐ Add pork and cook until brown on all sides, turning often, about 5 minutes.
- ☐ Transfer skillet to oven, and roast pork until thermometer inserted into center registers 140F, about 20 minutes.
- ☐ Remove skillet from oven and let pork stand 10 minutes.
- ☐ Cut pork crosswise into 1/2-inch-thick slices.
- ☐ Serve with poached plums and sauce.

- ☐
- Sprinkle with chopped chives.
- ☐
- *Available in the spice section of some supermarkets and at specialty foods stores and Asian markets.

Nutrition Facts



Properties

Glycemic Index:52.29, Glycemic Load:8.71, Inflammation Score:-9, Nutrition Score:27.591739141423%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg 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: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 4.99mg, Catechin: 4.99mg, Catechin: 4.99mg, Catechin: 4.99mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 408.67kcal (20.43%), Fat: 14.47g (22.27%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 18.49g (6.72%), Sugar: 15.3g (17%), Cholesterol: 122.85mg (40.95%), Sodium: 123.09mg (5.35%), Alcohol: 4.2g (100%), Alcohol %: 1.34% (100%), Protein: 41.49g (82.99%), Vitamin B1: 1.88mg (125.43%), Selenium: 57.59µg (82.27%), Vitamin B6: 1.51mg (75.43%), Vitamin B3: 13.93mg (69.65%), Phosphorus: 501.87mg (50.19%), Vitamin B2: 0.69mg (40.65%), Potassium: 954.93mg (27.28%), Zinc: 3.79mg (25.28%), Manganese: 0.47mg (23.7%), Vitamin B12: 1.06µg (17.69%), Vitamin B5: 1.71mg (17.06%), Magnesium: 61.97mg (15.49%), Iron: 2.78mg (15.44%), Copper: 0.27mg (13.61%), Vitamin C: 9.98mg (12.09%), Vitamin E: 1.65mg (10.97%), Vitamin K: 11.24µg (10.7%), Fiber: 2.4g (9.59%), Vitamin A: 353.43IU (7.07%), Calcium: 50.83mg (5.08%), Vitamin D: 0.57µg (3.78%), Folate: 6.34µg (1.59%)