



Roasted Pork Tenderloin

 Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 0.5 cup apple cider
- ☐ 0.8 cup balsamic vinegar
- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 ounces bourbon
- ☐ 0.3 cup brown sugar
- ☐ 2 cups brown sugar

- ☐ 6 servings braised cabbage red
- ☐ 6 servings can be found at specialty food stores
- ☐ 2 cloves garlic chopped
- ☐ 2 teaspoons peppercorns green
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons olive oil
- ☐ 2 pounds onions thinly sliced
- ☐ 5 sprigs parsley italian
- ☐ 1 cup plum tomatoes seeded chopped
- ☐ 1.5 pounds pork tenderloins
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 pound cabbage red thinly sliced
- ☐ 0.5 cup red wine
- ☐ 0.3 cup red wine vinegar
- ☐ 2 shallots chopped
- ☐ 3 tablespoons soya sauce

Equipment

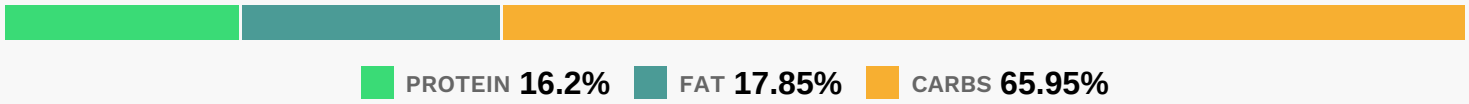
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Special equipment: An ovenproof skillet
- ☐ Preheat the oven to 400 degrees F.

- ☐ Season the pork with the salt and pepper.
- ☐ Heat the olive oil in an ovenproof skillet over high heat and sear the pork on all sides.
- ☐ Place the skillet into the oven and roast the pork for 8 to 10 minutes.
- ☐ Let the meat rest for 5 minutes before cutting. Slicing on a diagonal, cut each tenderloin into 4 or 5 pieces.
- ☐ In a medium pot heat the oil over medium heat and add the shallots and garlic, cook until soft, but not browned.
- ☐ Add the brown sugar, balsamic, red wine, apple cider, green peppercorns, bay leaf, tomatoes, red peppers, parsley, and soy sauce. Simmer until reduced by 1/
- ☐ Strain the sauce and add the bourbon.
- ☐ Serve warm over sliced pork tenderloin or chops.
- ☐ In a large pot heat the olive oil over medium-high heat and saute the onions until soft.
- ☐ Add the cinnamon, cloves, and cumin and cook for 30 seconds.
- ☐ Mix in the cabbage and saute for 5 minutes, until wilted.
- ☐ Add the cider, sugar, and vinegar. Cover and braise over low heat until the cabbage is tender, about 20 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:78.58, Glycemic Load:9.63, Inflammation Score:-9, Nutrition Score:32.474348130433%

Flavonoids

Cyanidin: 160.77mg, Cyanidin: 160.77mg, Cyanidin: 160.77mg, Cyanidin: 160.77mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg

Apigenin: 1.89mg, Apigenin: 1.89mg, Apigenin: 1.89mg, Apigenin: 1.89mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 7.58mg, Isorhamnetin: 7.58mg, Isorhamnetin: 7.58mg, Isorhamnetin: 7.58mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 31.62mg, Quercetin: 31.62mg, Quercetin: 31.62mg, Quercetin: 31.62mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 718.46kcal (35.92%), Fat: 13.83g (21.28%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 114.96g (38.32%), Net Carbohydrates: 109.48g (39.81%), Sugar: 99.49g (110.54%), Cholesterol: 73.71mg (24.57%), Sodium: 1435.45mg (62.41%), Alcohol: 4.49g (100%), Alcohol %: 0.94% (100%), Protein: 28.23g (56.46%), Vitamin C: 78.57mg (95.23%), Vitamin B1: 1.27mg (85%), Vitamin B6: 1.39mg (69.44%), Selenium: 36.99µg (52.84%), Vitamin K: 53.46µg (50.91%), Vitamin B3: 8.9mg (44.52%), Manganese: 0.78mg (39.2%), Phosphorus: 391.73mg (39.17%), Potassium: 1237.63mg (35.36%), Vitamin A: 1652.06IU (33.04%), Vitamin B2: 0.52mg (30.79%), Fiber: 5.49g (21.95%), Magnesium: 86.26mg (21.56%), Iron: 3.72mg (20.65%), Zinc: 2.84mg (18.93%), Calcium: 173.93mg (17.39%), Folate: 61.01µg (15.25%), Vitamin B5: 1.52mg (15.22%), Vitamin E: 2.14mg (14.29%), Copper: 0.28mg (14.07%), Vitamin B12: 0.59µg (9.83%), Vitamin D: 0.34µg (2.27%)