



Roasted Pork Tenderloin and Maple-Glazed Apples

 **Gluten Free** Image not found or type unknown

READY IN

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ready

45 min.

SERVINGS

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servings

6

CALORIES

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calories

288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 2 pounds granny smith apples sliced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 24 ounce pork tenderloins trimmed
- ☐ 1.5 tablespoons juice of lemon
- ☐ 3 tablespoons maple syrup

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 shallots thinly sliced

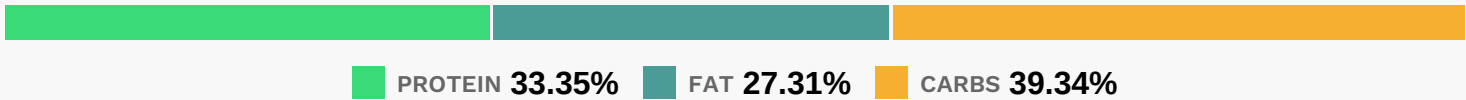
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 42
- ☐ Combine 1/2 teaspoon salt, black pepper, and 1/4 teaspoon ground cinnamon; rub over pork tenderloins.
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add olive oil.
- ☐ Add pork; saut 4 minutes on each side.
- ☐ Remove pork, and reduce heat. Melt butter.
- ☐ Add apple slices and shallot to pan; saut 1 minute. Stir in maple syrup, lemon juice, 1/4 teaspoon salt, and 1/4 teaspoon ground cinnamon; cook 4 minutes. Stir. Return pork to pan. Roast at 425 for 12 minutes or until a thermometer registers 14
- ☐ Remove pork from pan; let stand 5 minutes. Slice pork; serve with apples.

Nutrition Facts



Properties

Glycemic Index:30.92, Glycemic Load:8.16, Inflammation Score:-4, Nutrition Score:18.35826092181%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 287.55kcal (14.38%), Fat: 8.85g (13.62%), Saturated Fat: 3.56g (22.24%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 24.85g (9.04%), Sugar: 22.14g (24.6%), Cholesterol: 83.74mg (27.91%), Sodium: 383.81mg (16.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.32g (48.64%), Vitamin B1: 1.17mg (77.85%), Selenium: 35.03µg (50.05%), Vitamin B6: 0.96mg (47.99%), Vitamin B3: 7.74mg (38.7%), Vitamin B2: 0.56mg (32.78%), Phosphorus: 300.83mg (30.08%), Potassium: 657.19mg (18.78%), Manganese: 0.34mg (16.92%), Fiber: 3.84g (15.35%), Zinc: 2.3mg (15.33%), Vitamin B5: 1.08mg (10.75%), Vitamin C: 8.74mg (10.6%), Magnesium: 41.67mg (10.42%), Vitamin B12: 0.59µg (9.77%), Iron: 1.39mg (7.71%), Copper: 0.15mg (7.44%), Vitamin E: 0.98mg (6.51%), Vitamin K: 5.25µg (5%), Vitamin A: 199.36IU (3.99%), Calcium: 29.94mg (2.99%), Folate: 6.86µg (1.72%), Vitamin D: 0.23µg (1.51%)