



food
network



HEALTH SCORE

71%

Roasted Pork Tenderloin Filled with Sun-Dried Cranberry Stuffing with Roasted Root Vegetables



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1060 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple juice
- ☐ 1 teaspoon peppercorns black
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon butter cold
- ☐ 2 carrots peeled cut into 2-inch pieces
- ☐ 6 cups chicken stock see

- ☐ 1 teaspoon chipotle puree
- ☐ 0.3 cup flat parsley finely chopped
- ☐ 0.5 cup flour
- ☐ 3 sprigs thyme leaves fresh
- ☐ 1 head garlic peeled
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 tablespoon cascabel powder
- ☐ 4 tablespoons olive oil
- ☐ 2 parsnips peeled cut into 2-inch pieces
- ☐ 2 tablespoons pinenuts toasted
- ☐ 1.5 pound pork tenderloin
- ☐ 2 onions red peeled cut into 2-inch pieces
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 shallots whole
- ☐ 1.5 cups sun-dried cranberries
- ☐ 2 sweet potatoes peeled cut into 2-inch pieces
- ☐ 2 turnips peeled cut into 2-inch pieces
- ☐ 2 tablespoons vegetable oil

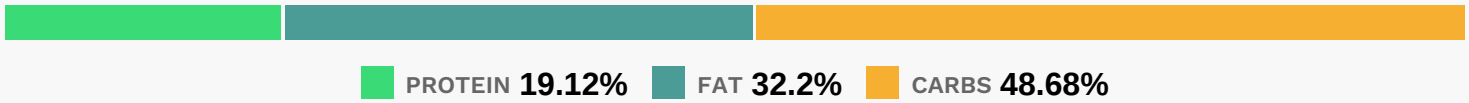
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ For the Cranberry Stuffing/Pork: Bring 2 cups of water to a boil in a medium saucepan.
- ☐ Add the cranberries, remove from the heat and let rest 1 hour, drain, reserving the soaking liquid and place in the bowl of a food processor.
- ☐ Add the pine nuts, cinnamon, cloves, brown sugar, cascabel powder, and a few tablespoons of the soaking liquid. Pulse until coarsely chopped, remove to a bowl.
- ☐ Place the tenderloin on a work surface and season with salt and pepper to taste.
- ☐ Spread a thin layer of the stuffing down the center, fold each side over the filling, and tie with a butcher's twine and dredge lightly in the flour.
- ☐ Preheat oven to 400 degrees.
- ☐ Heat the oil in a oven proof saute pan until smoking.
- ☐ Saute the tenderloin on all sides until golden brown.
- ☐ Place in the oven and roast until almost cooked through, about 10 minutes.
- ☐ Remove and let rest 10 minutes. Slice into 1-inch pieces.
- ☐ Place chicken stock in a medium saucepan and reduce to 3 cups over high heat.
- ☐ Add apple juice, chipotle puree and black peppercorns and cook until reduced to 2 cups. Swirl in the butter and season with salt.
- ☐ For the Roasted Root Vegetables: Preheat oven to 400 degrees F.
- ☐ Place vegetables and garlic in a large baking dish.
- ☐ Add the oil and toss to coat.
- ☐ Add the thyme and season with salt and pepper to taste. Cover the dish with foil and bake for 20 minutes, remove foil and continue baking for 20 minutes or until just cooked through, stirring the vegetables occasionally.
- ☐ Remove from the oven and fold in the parsley.

Nutrition Facts



Properties

Glycemic Index:164.65, Glycemic Load:34.09, Inflammation Score:-10, Nutrition Score:58.768695769103%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 1.72mg, Myricetin: 1.72mg, Myricetin: 1.72mg, Myricetin: 1.72mg Quercetin: 14.42mg, Quercetin: 14.42mg, Quercetin: 14.42mg, Quercetin: 14.42mg

Nutrients (% of daily need)

Calories: 1059.85kcal (52.99%), Fat: 38.74g (59.6%), Saturated Fat: 8.4g (52.47%), Carbohydrates: 131.81g (43.94%), Net Carbohydrates: 116.54g (42.38%), Sugar: 67.35g (74.84%), Cholesterol: 128.89mg (42.96%), Sodium: 1478.67mg (64.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.76g (103.52%), Vitamin A: 21593.44IU (431.87%), Vitamin B1: 2.2mg (146.96%), Manganese: 2.22mg (111.05%), Vitamin K: 116.04µg (110.51%), Vitamin B6: 2.13mg (106.52%), Vitamin B3: 20.3mg (101.49%), Selenium: 68.45µg (97.79%), Phosphorus: 802.79mg (80.28%), Vitamin B2: 1.17mg (68.58%), Potassium: 2283.75mg (65.25%), Fiber: 15.27g (61.07%), Vitamin C: 44.2mg (53.58%), Copper: 0.88mg (43.76%), Vitamin E: 6.35mg (42.31%), Magnesium: 160.71mg (40.18%), Folate: 153.06µg (38.26%), Zinc: 5.5mg (36.66%), Iron: 6.57mg (36.47%), Calcium: 352.43mg (35.24%), Vitamin B5: 3.4mg (34.01%), Vitamin B12: 0.89µg (14.84%), Vitamin D: 0.51µg (3.4%)