



Roasted Pork Tenderloin with Apple Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup purchased apple chutney
- ☐ 0.5 cup apple cider
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 garlic cloves chopped
- ☐ 2 pound pork tenderloins trimmed
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons thyme leaves plus sprigs fresh for garnish

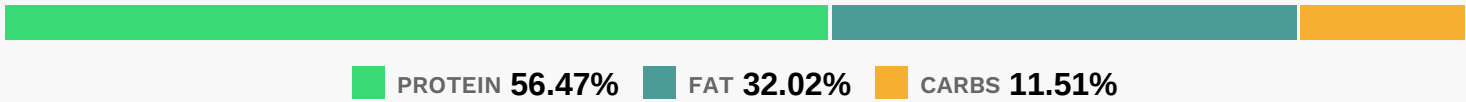
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Rinse pork and pat dry.
- ☐ Place in shallow bowl.
- ☐ Mix cider, wine, chutney, garlic, and thyme leaves in small bowl.
- ☐ Pour mixture over pork; cover and marinate at room temperature 1 hour or chill up to 3 hours.
- ☐ Preheat oven to 375°F.
- ☐ Heat oil in large ovenproof skillet over medium-high heat.
- ☐ Remove pork from marinade, reserving marinade.
- ☐ Add pork to skillet, sprinkle with salt and pepper, and cook until light brown on all sides, about 6 minutes total.
- ☐ Pour reserved marinade over pork.
- ☐ Transfer skillet to oven; roast pork, basting occasionally, until instant-read thermometer inserted into thickest part registers 145°F, about 20 minutes for medium (temperature will rise about 10 degrees).
- ☐ Transfer pork to cutting board. Tent with foil; let rest 5 minutes.
- ☐ Slice pork; transfer to platter.
- ☐ Pour pan sauce and juices over.
- ☐ Garnish pork with thyme sprigs.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:1.85, Inflammation Score:-9, Nutrition Score:20.655217365078%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 246.39kcal (12.32%), Fat: 8.05g (12.39%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 5.63g (2.05%), Sugar: 4.07g (4.52%), Cholesterol: 98.28mg (32.76%), Sodium: 81.6mg (3.55%), Alcohol: 2.1g (100%), Alcohol %: 1.21% (100%), Protein: 31.96g (63.91%), Vitamin B1: 1.52mg (101.32%), Selenium: 46.73µg (66.76%), Vitamin B6: 1.21mg (60.37%), Vitamin B3: 10.19mg (50.94%), Phosphorus: 381.13mg (38.11%), Vitamin B2: 0.54mg (31.64%), Zinc: 2.92mg (19.49%), Potassium: 663.7mg (18.96%), Vitamin B5: 1.32mg (13.17%), Vitamin B12: 0.77µg (12.85%), Magnesium: 46.83mg (11.71%), Iron: 1.98mg (11%), Copper: 0.16mg (8%), Vitamin E: 1.04mg (6.97%), Vitamin C: 5.18mg (6.28%), Manganese: 0.1mg (5.07%), Fiber: 0.89g (3.55%), Vitamin K: 3.28µg (3.13%), Vitamin A: 122.39IU (2.45%), Calcium: 21.69mg (2.17%), Vitamin D: 0.3µg (2.02%)