



WHATSheATe

the

5

factor

world diet

WEIGHT-LOSS SECRETS  
FROM THE HEALTHIEST  
NATIONS ON THE PLANET  
—UNLOCKED!

## Roasted Pork Tenderloin with Apples



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup apple cider
- ☐ 0.5 cup barley
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 8 ounces pork tenderloin trimmed
- ☐ 1 teaspoon olive oil
- ☐ 2 servings salt and pepper black
- ☐ 2 horizontally green

### Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ cutting board

## Directions

- ☐ Preheat the oven to 400°F. Pat the pork dry with a paper towel. Season with salt and pepper and sprinkle with the thyme.
- ☐ Warm the oil in a large ovenproof skillet over medium– high heat. Sear the pork until browned on all sides, about 8 minutes. In the last 2 minutes of cooking, add the apples, cut side down.
- ☐ Turn the apples over and transfer the skillet to the oven. Roast for 12 minutes, until the internal temperature of the pork reaches 145°F for medium.
- ☐ Meanwhile, cook the barley according to the package directions. Keep warm.
- ☐ Transfer the pork to a cutting board; tent with aluminum foil to keep warm.
- ☐ Remove the apples to a serving platter.
- ☐ Place the skillet over medium– high heat.
- ☐ Add the wine; cook for 3 minutes, until the wine is reduced by half.
- ☐ Slice the meat and transfer to the platter with the apples; add cooked barley.
- ☐ Drizzle the pan sauce over the pork and barley; serve.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The 5-Factor World Diet by Harley Pasternak, M.Sc. and Laura Moser. Copyright © 2010 by Harley Pasternak, M.Sc. and Laura Moser. Published by Ballantine Books. All Right Reserved. Harley Pasternak, M.Sc., has appeared on The Oprah Winfrey Show, The Tyra Banks Show, Access Hollywood, Extra, VH1, E!, and many times on the Today Show. He holds a Masters of Science in exercise physiology and nutritional sciences and an honors degree in kinesiology. He is also certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. He lives in Los Angeles, California.

## Nutrition Facts



 **PROTEIN 27.51%**  **FAT 12.19%**  **CARBS 60.3%**

Properties

Glycemic Index:76.88, Glycemic Load:18.71, Inflammation Score:-9, Nutrition Score:27.790000024049%

Flavonoids

Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 16.48mg, Epicatechin: 16.48mg, Epicatechin: 16.48mg, Epicatechin: 16.48mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 427.92kcal (21.4%), Fat: 5.94g (9.14%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 66.07g (22.02%), Net Carbohydrates: 53.35g (19.4%), Sugar: 24.97g (27.75%), Cholesterol: 73.71mg (24.57%), Sodium: 263.81mg (11.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.28%), Vitamin B1: 1.47mg (98.21%), Selenium: 52.33µg (74.75%), Vitamin B6: 1.12mg (55.98%), Manganese: 1.05mg (52.65%), Fiber: 12.72g (50.9%), Vitamin B3: 9.94mg (49.71%), Phosphorus: 427.8mg (42.78%), Vitamin B2: 0.59mg (34.45%), Magnesium: 107.05mg (26.76%), Potassium: 926.95mg (26.48%), Zinc: 3.54mg (23.59%), Copper: 0.4mg (19.93%), Iron: 3.42mg (18.99%), Vitamin C: 12.1mg (14.67%), Vitamin B5: 1.24mg (12.37%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.13mg (7.55%), Vitamin K: 6.22µg (5.92%), Calcium: 44.73mg (4.47%), Vitamin A: 204.01IU (4.08%), Folate: 15.1µg (3.78%), Vitamin D: 0.23µg (1.51%)