



HEALTH SCORE

82%

Roasted Pork Tenderloin with Apricot-Barley Pilaf



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apricot halves dried chopped
- ☐ 2 tablespoons apricot preserves
- ☐ 3 cups barley cooked quick
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup carrots peeled finely chopped
- ☐ 0.3 cup celery stalk finely chopped
- ☐ 0.3 cup parsley fresh chopped

- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup pecans
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup water

Equipment

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

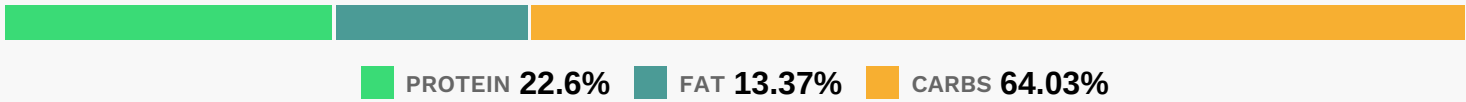
Directions

- ☐ Preheat oven to 375 degrees.
- ☐ Rub pork with olive oil, salt, and pepper to taste; set aside.
- ☐ Combine jam and soy sauce in a small bowl; set aside.
- ☐ Heat a large heatproof nonstick skillet over medium-high heat.
- ☐ Add pecans and cook, tossing frequently, 3 to 5 minutes until fragrant.
- ☐ Transfer pecans to a plate; cool. Coarsely chop pecans, and set aside.
- ☐ Return pan to heat, and add pork. Cook 5 minutes, turning every minute or 2 to brown evenly on all sides. To the pan, add jam mixture, celery, carrot, and onion; stir until jam melts and vegetables and pork are evenly coated with sauce. Stir in 3/4 cup water.
- ☐ Place pan in oven and bake at 375 degrees for 18 to 20 minutes or until a meat thermometer registers 160 degrees.
- ☐ Remove pan from oven; transfer pork to plate. Cover loosely with foil and let rest 5 minutes.
- ☐ While pork bakes, stir barley, apricots, and pecans into vegetable mixture (remember the handle of the pan will be very hot!). Stir in parsley. Carefully slice pork into 12 equal pieces.

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Serve on top of barley pilaf.

Nutrition Facts



Properties

Glycemic Index:62.31, Glycemic Load:31.57, Inflammation Score:-10, Nutrition Score:47.068260514218%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Apigenin: 8.32mg, Apigenin: 8.32mg, Apigenin: 8.32mg, Apigenin: 8.32mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 740.51kcal (37.03%), Fat: 11.29g (17.37%), Saturated Fat: 2g (12.5%), Carbohydrates: 121.61g (40.54%), Net Carbohydrates: 95.14g (34.6%), Sugar: 15.46g (17.18%), Cholesterol: 73.71mg (24.57%), Sodium: 390.48mg (16.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.92g (85.84%), Manganese: 3.09mg (154.59%), Vitamin B1: 2.08mg (138.99%), Selenium: 87.87µg (125.53%), Fiber: 26.46g (105.86%), Vitamin B3: 14.67mg (73.35%), Vitamin B6: 1.4mg (70.06%), Phosphorus: 691.02mg (69.1%), Vitamin K: 69.94µg (66.61%), Magnesium: 235.7mg (58.93%), Vitamin A: 2776.39IU (55.53%), Vitamin B2: 0.83mg (48.85%), Copper: 0.96mg (47.85%), Zinc: 6.45mg (42.98%), Potassium: 1404.63mg (40.13%), Iron: 7.09mg (39.39%), Vitamin B5: 1.58mg (15.79%), Vitamin E: 2.12mg (14.16%), Folate: 43.74µg (10.93%), Vitamin B12: 0.58µg (9.64%), Vitamin C: 7.73mg (9.37%), Calcium: 83.91mg (8.39%), Vitamin D: 0.23µg (1.51%)