



HEALTH SCORE

51%

Roasted Pork Tenderloin with Butternut Squash Mash and Tarragon Gravy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon agave nectar
- ☐ 4 servings pepper black freshly ground
- ☐ 1 medium butternut squash seeds removed cut in half lengthwise,
- ☐ 4 teaspoons dijon mustard
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 1 pinch ground nutmeg
- ☐ 1 pound pork tenderloin lean trimmed

- ☐ 0.5 cup chicken broth low-fat, low-sodium
- ☐ 4 servings salt
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 0.5 cup walnuts toasted

Equipment

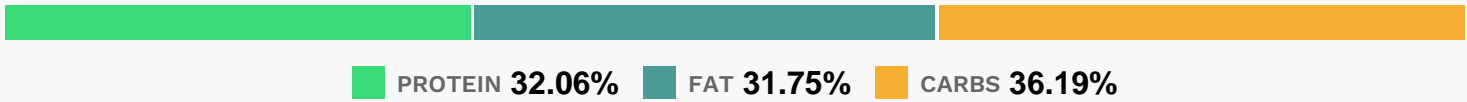
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Place the butternut squash, cut side down, on a microwave-safe plate. Microwave on high till the squash is tender, about 12 to 15 minutes.
- ☐ Meanwhile, heat a large cast-iron skillet over high heat. Season the pork with salt and pepper to taste. When the pan is hot, coat it with the cooking spray.
- ☐ Add the pork to the pan and sear on all sides, about 3 minutes per side.
- ☐ Transfer the pork to a baking sheet and continue cooking in the oven till done, about 10 to 15 minutes, or until the internal temperature reaches 155°F.
- ☐ Remove the baking sheet from the oven, and tent the meat with foil to keep it warm.
- ☐ Let the meat rest for at least 10 minutes before slicing.
- ☐ In the same pan over medium-low heat, add the applesauce, scraping up any flavorful bits with a wooden spoon.
- ☐ Add the mustard, apple cider, 2 teaspoons agave, and tarragon. Stir continuously until the sauce thickens. Season with salt and pepper to taste.

- ☐ With a spoon, scoop the flesh of the squash into a medium bowl. Mash the squash with a fork, and add the nutmeg grates and remaining agave. Stir till combined. Season with salt and pepper to taste.
- ☐ With a sharp knife, thinly slice the pork.
- ☐ Serve the pork with the reduced sauce and the butternut squash.
- ☐ Sprinkle the walnuts on top of the pork.
- ☐ Per serving: 343 calories, 12 g fat, 4 g fiber
- ☐ Other
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Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:33.748260726099%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 344.99kcal (17.25%), Fat: 12.75g (19.62%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 27.25g (9.91%), Sugar: 11.12g (12.36%), Cholesterol: 73.71mg (24.57%), Sodium: 327.03mg (14.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.93%), Vitamin A: 19989.38IU (399.79%), Vitamin B1: 1.4mg (93.09%), Vitamin B6: 1.3mg (65.01%), Selenium: 38.51µg (55.02%), Vitamin B3: 10.58mg (52.91%), Manganese: 1.02mg (51.2%), Vitamin C: 41.29mg (50.05%), Phosphorus: 412.22mg (41.22%), Potassium: 1265.05mg (36.14%), Magnesium: 125.24mg (31.31%), Vitamin B2: 0.49mg (28.88%), Copper: 0.51mg (25.39%), Fiber: 5.44g (21.77%), Vitamin E: 3.17mg (21.14%), Zinc: 2.99mg (19.96%), Iron: 3.41mg (18.93%), Vitamin B5: 1.82mg (18.22%), Folate: 70.74µg (17.69%), Calcium: 128.02mg (12.8%), Vitamin B12: 0.61µg (10.13%), Vitamin K: 4.03µg (3.84%), Vitamin D: 0.23µg (1.51%)