



WHATSheATE



Roasted Pork Tenderloin with Kumquat-Jalapeño Marmalade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apricot dried chopped
- ☐ 1 cup apples i use 2 granny smith apples peeled seeded chopped
- ☐ 3 tablespoons jalapeno divided minced seeded
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 cups kumquats stemmed seeded quartered
- ☐ 2 pound pork tenderloin
- ☐ 0.5 cup shallots chopped

- ☐ 0.8 cup sugar
- ☐ 3 tablespoons vegetable oil divided
- ☐ 0.8 cup water

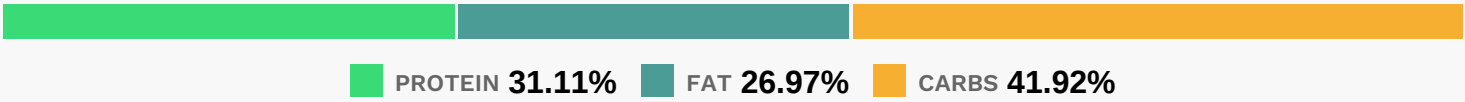
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Using on/off turns, finely chop kumquats in processor (do not puree).
- ☐ Heat 1 tablespoon oil in medium saucepan over medium-high heat.
- ☐ Add shallots, apple, and 1 tablespoon jalapeño. Cook until shallots are soft, stirring frequently, about 4 minutes.
- ☐ Add chopped kumquats, apricots, 3/4 cup water, sugar, and 3/4 teaspoon salt. Bring to boil, stirring until sugar dissolves. Boil until mixture thickens, about 6 minutes.
- ☐ Transfer marmalade to small bowl. Stir in remaining 2 tablespoons jalapeño. (Can be made 1 day ahead. Cool, cover, and chill. Rewarm before serving.)
- ☐ Preheat oven to 350°F.
- ☐ Heat 2 tablespoons oil in large ovenproof skillet over medium-high heat.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Add pork to skillet; brown on all sides, about 10 minutes total.
- ☐ Transfer skillet to oven; roast pork until thermometer inserted into center registers 145°F, about 15 minutes.
- ☐ Remove pork from oven; let stand 10 minutes.
- ☐ Cut pork into 1/2-inch-thick slices.
- ☐ Serve with warm marmalade.

Nutrition Facts



Properties

Glycemic Index:32.92, Glycemic Load:21.11, Inflammation Score:-7, Nutrition Score:25.296086954034%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 21.62mg, Naringenin: 21.62mg, Naringenin: 21.62mg, Naringenin: 21.62mg Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 417.85kcal (20.89%), Fat: 12.68g (19.51%), Saturated Fat: 2.88g (18%), Carbohydrates: 44.35g (14.78%), Net Carbohydrates: 39.77g (14.46%), Sugar: 38.29g (42.54%), Cholesterol: 98.28mg (32.76%), Sodium: 378.69mg (16.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.91g (65.83%), Vitamin B1: 1.52mg (101.25%), Selenium: 46.47µg (66.38%), Vitamin B6: 1.29mg (64.68%), Vitamin B3: 10.59mg (52.95%), Phosphorus: 398.33mg (39.83%), Vitamin C: 28.07mg (34.03%), Vitamin B2: 0.57mg (33.58%), Potassium: 897.23mg (25.64%), Zinc: 3.04mg (20.25%), Fiber: 4.58g (18.32%), Vitamin B5: 1.49mg (14.93%), Magnesium: 58.43mg (14.61%), Vitamin K: 14.84µg (14.14%), Iron: 2.38mg (13.2%), Vitamin B12: 0.79µg (13.1%), Copper: 0.24mg (12.03%), Vitamin A: 595.58IU (11.91%), Vitamin E: 1.73mg (11.52%), Manganese: 0.17mg (8.57%), Calcium: 49.15mg (4.91%), Folate: 16.84µg (4.21%), Vitamin D: 0.45µg (3.02%)