



Roasted Pork with Dried Fruit and Port Sauce



Gluten Free



Dairy Free

READY IN



49 min.

SERVINGS



8

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cherries dried
- ☐ 0.5 cup chicken broth
- ☐ 2 sticks cinnamon (2 1/2-inch)
- ☐ 1 cup apricot dried
- ☐ 1 cup peaches dried
- ☐ 1 cup prune- cut to pieces dried pitted
- ☐ 7 teaspoons olive oil divided
- ☐ 0.5 teaspoon pepper

- ☐ 0.3 cup pinenuts
- ☐ 1 cup pomegranate juice
- ☐ 3 pounds pork tenderloin
- ☐ 1 cup port wine
- ☐ 1 teaspoon salt

Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 425
- ☐ Remove silver skin from tenderloin, leaving a thin layer of fat.
- ☐ Sprinkle pork with salt and pepper. Cook pork in 6 tsp. hot oil in a large skillet over medium-high heat 3 minutes on each side or until golden brown.
- ☐ Transfer pork to a lightly greased jelly-roll or roasting pan, reserving drippings in skillet.
- ☐ Bake pork at 425 for 18 to 20 minutes or until a meat thermometer inserted into thickest portion registers 150
- ☐ Remove from oven; cover and let stand 10 minutes or until thermometer registers 155
- ☐ Meanwhile, add remaining 1 tsp. oil to hot drippings in skillet.
- ☐ Add apricots and next 4 ingredients, and saut over medium-high heat 3 minutes or until pine nuts are toasted and fragrant.
- ☐ Add port wine and next 2 ingredients. Bring to a boil; reduce heat to low, and simmer 5 minutes or until mixture slightly thickens. Stir in broth, and simmer 15 minutes or until fruit is tender.
- ☐ Serve with pork.

Nutrition Facts



 **PROTEIN 33.14%**  **FAT 25.38%**  **CARBS 41.48%**

Properties

Glycemic Index:15.18, Glycemic Load:6.88, Inflammation Score:-8, Nutrition Score:30.479130382123%

Flavonoids

Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.43mg, Delphinidin: 1.43mg, Delphinidin: 1.43mg, Delphinidin: 1.43mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 1.31mg, Peonidin: 1.31mg, Peonidin: 1.31mg, Peonidin: 1.31mg Catechin: 3.33mg, Catechin: 3.33mg, Catechin: 3.33mg, Catechin: 3.33mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 476.21kcal (23.81%), Fat: 12.86g (19.79%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 47.3g (15.77%), Net Carbohydrates: 42.07g (15.3%), Sugar: 32.9g (36.55%), Cholesterol: 110.86mg (36.95%), Sodium: 442.85mg (19.25%), Alcohol: 4.59g (100%), Alcohol %: 1.81% (100%), Protein: 37.79g (75.58%), Vitamin B1: 1.72mg (114.36%), Selenium: 52.43µg (74.9%), Vitamin B6: 1.4mg (70.24%), Vitamin B3: 13.33mg (66.65%), Phosphorus: 497.22mg (49.72%), Vitamin B2: 0.7mg (41.17%), Manganese: 0.81mg (40.35%), Potassium: 1362.1mg (38.92%), Zinc: 3.81mg (25.4%), Vitamin A: 1201.82IU (24.04%), Vitamin K: 24.86µg (23.68%), Copper: 0.43mg (21.45%), Magnesium: 85.75mg (21.44%), Fiber: 5.24g (20.94%), Iron: 3.58mg (19.9%), Vitamin B5: 1.85mg (18.47%), Vitamin E: 2.26mg (15.06%), Vitamin B12: 0.89µg (14.79%), Calcium: 51.84mg (5.18%), Vitamin D: 0.51µg (3.4%), Folate: 11.82µg (2.95%), Vitamin C: 1.95mg (2.37%)