



Roasted Pork with Honeyed Grape Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 Dash five-spice powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons honey
- ☐ 1.3 pounds pork tenderloin trimmed
- ☐ 2 teaspoons olive oil divided
- ☐ 2 cups grapes red seedless coarsely chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots chopped
- ☐ 2 tablespoons soya sauce

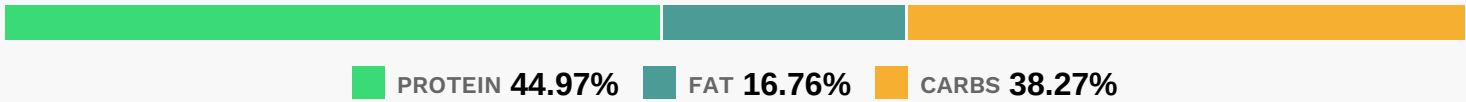
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Heat 1 teaspoon oil in a medium saucepan over medium heat.
- ☐ Add shallots and garlic; saut 3 minutes or until tender.
- ☐ Add grapes and next 4 ingredients (grapes through five-spice powder). Bring to a boil; reduce heat, and simmer 15 minutes. Cool 10 minutes.
- ☐ Place grape mixture in a blender; process until smooth.
- ☐ Heat 1 teaspoon oil in a large cast-iron skillet over medium-high heat.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Add pork to pan; cook 5 minutes, browning on all sides. Insert meat thermometer into thickest portion of pork.
- ☐ Bake pork at 450 for 12 minutes or until thermometer registers 15
- ☐ Tent with foil; let stand 10 minutes before slicing.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:56.32, Glycemic Load:11.59, Inflammation Score:-3, Nutrition Score:22.106521383576%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 280.65kcal (14.03%), Fat: 5.29g (8.13%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 25.61g (9.31%), Sugar: 22.06g (24.51%), Cholesterol: 92.14mg (30.71%), Sodium: 873.38mg (37.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.83%), Vitamin B1: 1.49mg (99.27%), Vitamin B6: 1.28mg (64.14%), Selenium: 44.44µg (63.48%), Vitamin B3: 10.05mg (50.26%), Phosphorus: 393.89mg (39.39%), Vitamin B2: 0.56mg (33.1%), Potassium: 817.27mg (23.35%), Zinc: 2.91mg (19.43%), Vitamin B5: 1.35mg (13.54%), Copper: 0.27mg (13.48%), Magnesium: 53.08mg (13.27%), Manganese: 0.26mg (12.94%), Iron: 2.32mg (12.91%), Vitamin K: 12.83µg (12.22%), Vitamin B12: 0.72µg (12.05%), Fiber: 1.56g (6.22%), Vitamin C: 4.75mg (5.75%), Vitamin E: 0.76mg (5.04%), Calcium: 30.98mg (3.1%), Folate: 10.23µg (2.56%), Vitamin D: 0.28µg (1.89%), Vitamin A: 52.94IU (1.06%)