



Rosemary Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup wine dry white
- ☐ 1 pound pork tenderloins trimmed (1-inch)
- ☐ 0.5 cup cranberries (such as Crosse and Blackwell)
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon rosemary dried fresh chopped
- ☐ 0.5 teaspoon salt

☐ 2 tablespoons water

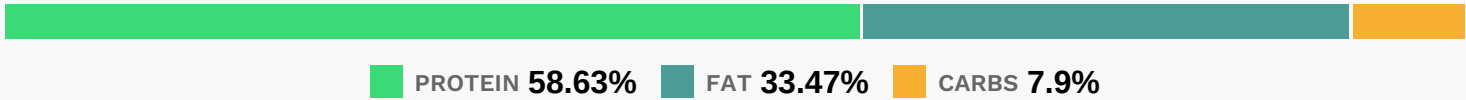
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Add pork to pan; saute for 5 minutes, turning once.
- ☐ Add wine and rosemary to pan; bring to a boil. Cover, reduce heat, and simmer for 6 minutes.
- ☐ Combine water and cornstarch in a small bowl.
- ☐ Remove pork from pan; keep warm.
- ☐ Add cornstarch mixture to pan; bring to a boil. Cook 1 minute or until thick, stirring constantly.
- ☐ Serve the pork with sauce and chutney.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:15.609130258146%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg

0.83mg, Myricetin: 0.83mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 189.08kcal (9.45%), Fat: 6.06g (9.33%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.49g (0.9%), Sugar: 0.82g (0.91%), Cholesterol: 73.71mg (24.57%), Sodium: 353.33mg (15.36%), Alcohol: 3.09g (100%), Alcohol %: 2.32% (100%), Protein: 23.89g (47.77%), Vitamin B1: 1.14mg (75.84%), Selenium: 35.02µg (50.03%), Vitamin B6: 0.91mg (45.63%), Vitamin B3: 7.63mg (38.16%), Phosphorus: 287.68mg (28.77%), Vitamin B2: 0.4mg (23.38%), Zinc: 2.21mg (14.74%), Potassium: 491.97mg (14.06%), Vitamin B5: 1.01mg (10.13%), Vitamin B12: 0.58µg (9.64%), Magnesium: 35.99mg (9%), Iron: 1.42mg (7.87%), Manganese: 0.14mg (6.97%), Vitamin E: 0.92mg (6.14%), Copper: 0.12mg (5.9%), Vitamin K: 3.26µg (3.11%), Fiber: 0.73g (2.92%), Vitamin C: 2.06mg (2.49%), Calcium: 17.33mg (1.73%), Vitamin D: 0.23µg (1.51%)