



Sage-and-Pecan Pork Tenderloin Cutlets

 Dairy Free

READY IN



51 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings garnishes: blackberries fresh
- ☐ 0.8 cup breadcrumbs dry fine
- ☐ 2 large eggs beaten
- ☐ 4 teaspoons olive oil
- ☐ 0.5 cup pecans finely chopped
- ☐ 1 pound pork tenderloin
- ☐ 5 tablespoons blackberry preserves seedless
- ☐ 1 cup red wine vinegar

- ☐ 2 teaspoons rubbed sage
- ☐ 0.5 teaspoon salt

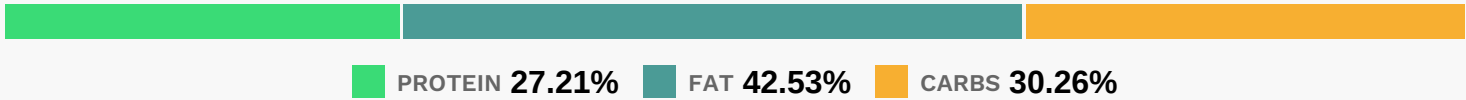
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Bring vinegar to a boil in a small saucepan over medium-high heat. Reduce heat to medium, and cook 6 minutes or until reduced by half. Stir in preserves, and cook 5 minutes. Stir in salt.
- ☐ Remove silver skin from tenderloin, leaving a thin layer of fat covering meat.
- ☐ Cut pork into 8 slices.
- ☐ Place pork between 2 sheets of plastic wrap, and flatten to 1/4-inch thickness, using a rolling pin or flat side of a meat mallet.
- ☐ Stir together breadcrumbs, pecans, and sage in a shallow bowl.
- ☐ Dredge pork in breadcrumb mixture, dip in beaten eggs, and dredge again in breadcrumb mixture.
- ☐ Cook 4 pork slices in 2 tsp. hot oil in a large nonstick skillet over medium heat 8 minutes or until done, turning every 2 minutes. Repeat procedure with remaining pork and oil.
- ☐ Serve with vinegar mixture, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:9.38, Inflammation Score:-4, Nutrition Score:24.302174132803%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg

Nutrients (% of daily need)

Calories: 462.39kcal (23.12%), Fat: 21.29g (32.75%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 31.56g (11.47%), Sugar: 14.01g (15.57%), Cholesterol: 166.71mg (55.57%), Sodium: 546.25mg (23.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.29%), Vitamin B1: 1.41mg (94.25%), Selenium: 48.16µg (68.8%), Vitamin B6: 0.97mg (48.47%), Vitamin B3: 9.03mg (45.15%), Manganese: 0.87mg (43.3%), Phosphorus: 405.8mg (40.58%), Vitamin B2: 0.61mg (36.17%), Copper: 0.49mg (24.43%), Zinc: 3.39mg (22.6%), Iron: 3.3mg (18.31%), Potassium: 619.07mg (17.69%), Vitamin B5: 1.57mg (15.67%), Magnesium: 62.49mg (15.62%), Vitamin B12: 0.88µg (14.72%), Fiber: 2.52g (10.07%), Folate: 39.3µg (9.83%), Vitamin E: 1.33mg (8.86%), Calcium: 77.3mg (7.73%), Vitamin D: 0.84µg (5.6%), Vitamin K: 5.15µg (4.91%), Vitamin C: 2.66mg (3.23%), Vitamin A: 147.85IU (2.96%)