



Sage-and-Pecan Pork Tenderloin Cutlets

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings garnish: blackberries fresh
- ☐ 0.8 cup breadcrumbs dry fine
- ☐ 2 large eggs beaten
- ☐ 4 teaspoons olive oil divided
- ☐ 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

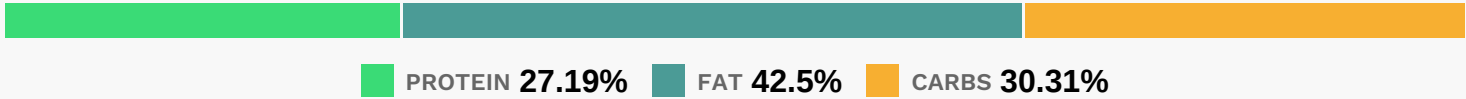
Equipment

- ☐ 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 blackberry preserves, and cook 5 minutes. Stir in salt.
- ☐ Remove silver skin from pork 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 a 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 pork over fresh spinach, if desired.
- ☐ Drizzle with vinegar mixture; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:9.39, Inflammation Score:-4, Nutrition Score:24.09000006966%

Flavonoids

Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 462.76kcal (23.14%), Fat: 21.29g (32.76%), Saturated Fat: 3.77g (23.53%), Carbohydrates: 34.16g (11.39%), Net Carbohydrates: 31.6g (11.49%), Sugar: 14.06g (15.63%), Cholesterol: 166.71mg (55.57%), Sodium: 546.26mg (23.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.66g (61.31%), Vitamin B1: 1.41mg (94.26%), Selenium: 48.16µg (68.8%), Vitamin B6: 0.97mg (48.49%), Vitamin B3: 9.04mg (45.18%), Manganese: 0.87mg (43.42%), Phosphorus: 406.01mg (40.6%), Vitamin B2: 0.62mg (36.19%), Zinc: 3.4mg (22.63%), Copper: 0.37mg (18.36%), Iron: 3.3mg (18.32%), Potassium: 620.51mg (17.73%), Vitamin B5: 1.57mg (15.7%), Magnesium: 62.62mg (15.66%), Vitamin B12: 0.88µg (14.72%), Fiber: 2.57g (10.27%), Folate: 39.55µg (9.89%), Vitamin E: 1.34mg (8.94%), Calcium: 77.32mg (7.73%), Vitamin D: 0.84µg (5.6%), Vitamin K: 5.35µg (5.1%), Vitamin C: 2.87mg (3.48%), Vitamin A: 149.99IU (3%)