



# Sautéed Pork Tenderloin with Shallot-Tarragon Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup apple juice
- 0.1 teaspoon pepper black
- 1 tablespoon dijon mustard
- 0.5 cup cooking wine dry white
- 2 tablespoons flour all-purpose
- 1 teaspoon tarragon fresh chopped
- 1.3 pounds pork tenderloin trimmed

- 0.5 teaspoon salt
- 0.5 cup shallots sliced
- 1 tablespoon vegetable oil

## Equipment

- frying pan
- ziploc bags

## Directions

- Cut the pork crosswise into 1-inch pieces; flatten each piece to 1/2-inch thickness using fingertips.
- Combine flour, salt, and pepper in a large zip-top plastic bag; add pork to bag. Seal and shake to coat.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add pork; cook 4 minutes on each side or until browned.
- Remove pork from pan; keep warm.
- Add shallots to pan; cook 2 minutes or until lightly browned. Stir in wine, juice, mustard, and tarragon, scraping pan to loosen browned bits. Bring to a boil; reduce heat, and simmer 2 minutes.
- Serve with pork.

## Nutrition Facts



## Properties

Glycemic Index:58.95, Glycemic Load:3.97, Inflammation Score:-4, Nutrition Score:17.020434531181%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 209.83kcal (10.49%), Fat: 5.4g (8.3%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.02g (3.28%), Sugar: 4.53g (5.03%), Cholesterol: 73.71mg (24.57%), Sodium: 331mg (14.39%), Alcohol: 2.47g (100%), Alcohol %: 1.6% (100%), Protein: 24.92g (49.85%), Vitamin B1: 1.18mg (78.84%), Selenium: 37.32µg (53.31%), Vitamin B6: 0.99mg (49.62%), Vitamin B3: 7.9mg (39.51%), Phosphorus: 308.16mg (30.82%), Vitamin B2: 0.42mg (24.86%), Potassium: 594.07mg (16.97%), Zinc: 2.33mg (15.52%), Vitamin B5: 1.07mg (10.74%), Magnesium: 42.81mg (10.7%), Manganese: 0.2mg (10.22%), Iron: 1.81mg (10.07%), Vitamin B12: 0.58µg (9.64%), Copper: 0.14mg (6.85%), Vitamin K: 5.42µg (5.16%), Fiber: 1.06g (4.24%), Folate: 15.09µg (3.77%), Vitamin E: 0.5mg (3.31%), Vitamin C: 2.33mg (2.82%), Calcium: 25.83mg (2.58%), Vitamin D: 0.23µg (1.51%)