



Seared Pork Tenderloin with Three Cheese-Wild Rice Spoon Grits and Braised Swiss Chard

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup wine dry red
- ☐ 0.3 cup rice wild cooked
- ☐ 1 ear shucked corn
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 1 garlic clove minced

- ☐ 0.3 cup regular grits uncooked
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 ounce gruyère cheese shredded
- ☐ 24 pearl onions peeled
- ☐ 16 ounce pork tenderloin medallions
- ☐ 1 ounce romano cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 1 ounce sharp cheddar cheese shredded
- ☐ 0.5 cup onion sweet minced
- ☐ 0.8 pound swiss chard red
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 teaspoon worcestershire sauce

Equipment

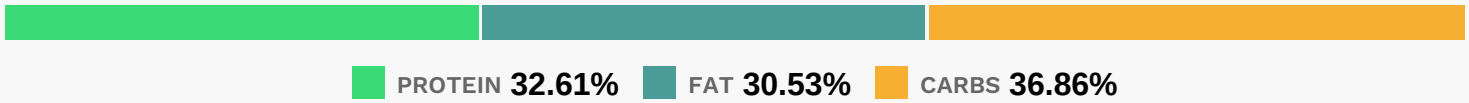
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ broiler
- ☐ dutch oven
- ☐ colander
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ To prepare pearl onions, place on a baking sheet.
- ☐ Bake at 350 for 15 minutes.

- ☐ Prepare grill or broiler.
- ☐ To prepare grits, place corn on a grill rack or broiler pan. Grill or broil 20 minutes or until lightly browned; turn every 5 minutes. Cool.
- ☐ Cut kernels from ears of corn to measure 1/2 cup. Set kernels aside.
- ☐ Bring 1/2 cup minced onion, garlic, and 1 can broth to a boil in a medium saucepan. Stir in grits; reduce heat, and simmer 5 minutes, stirring occasionally. Stir in corn, rice, cheeses, Worcestershire sauce, and pepper.
- ☐ Remove from heat; keep warm.
- ☐ To prepare Swiss chard, bring wine and 3/4 cup broth to a boil in a large Dutch oven.
- ☐ Add Swiss chard; cover and cook 2 minutes or until wilted.
- ☐ Drain chard in a colander over a bowl, reserving wine mixture.
- ☐ Heat oven to 35
- ☐ To prepare pork, sprinkle with salt.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add pork; cook 1 minute on each side or until browned.
- ☐ Place skillet in oven; roast pork at 350 for 8 minutes or until desired degree of doneness.
- ☐ Cut in half.
- ☐ Place pork over 1/2 cup grits; top with chard and pearl onions. Spoon 2 tablespoons of reserved wine mixture around grits.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:4.49, Inflammation Score:-10, Nutrition Score:39.673478261284%

Flavonoids

Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 4.74mg, Catechin: 4.74mg, Catechin: 4.74mg, Catechin: 4.74mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate:

0.02mg, Epigallocatechin 3–gallate: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 9.03mg, Isorhamnetin: 9.03mg, Isorhamnetin: 9.03mg, Isorhamnetin: 9.03mg Kaempferol: 6.34mg, Kaempferol: 6.34mg, Kaempferol: 6.34mg, Kaempferol: 6.34mg Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg Quercetin: 41.59mg, Quercetin: 41.59mg, Quercetin: 41.59mg, Quercetin: 41.59mg

Nutrients (% of daily need)

Calories: 473.08kcal (23.65%), Fat: 15.17g (23.34%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 41.21g (13.74%), Net Carbohydrates: 35.66g (12.97%), Sugar: 11.56g (12.84%), Cholesterol: 95.96mg (31.99%), Sodium: 1223.1mg (53.18%), Alcohol: 4.72g (100%), Alcohol %: 0.89% (100%), Protein: 36.47g (72.93%), Vitamin K: 713.74µg (679.76%), Vitamin A: 5497.94IU (109.96%), Vitamin B1: 1.32mg (87.97%), Selenium: 46.19µg (65.99%), Vitamin B6: 1.3mg (65.15%), Phosphorus: 561.1mg (56.11%), Vitamin C: 41.7mg (50.55%), Vitamin B3: 9.71mg (48.54%), Vitamin B2: 0.65mg (38.43%), Magnesium: 144.88mg (36.22%), Manganese: 0.7mg (34.97%), Potassium: 1219.59mg (34.85%), Calcium: 302.07mg (30.21%), Zinc: 3.86mg (25.75%), Fiber: 5.55g (22.22%), Iron: 3.73mg (20.72%), Copper: 0.41mg (20.65%), Vitamin B12: 1.17µg (19.49%), Vitamin B5: 1.87mg (18.73%), Folate: 68.8µg (17.2%), Vitamin E: 2.35mg (15.67%), Vitamin D: 0.46µg (3.07%)