



Sherried Pineapple Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 tablespoons sherry dry
- 1 pound pork tenderloins trimmed
- 1 tablespoon soy sauce low-sodium
- 6 ounce pineapple rings canned
- 2 tablespoons sugar

Equipment

- frying pan

kitchen thermometer

cutting board

Directions

Sprinkle pepper evenly over pork.

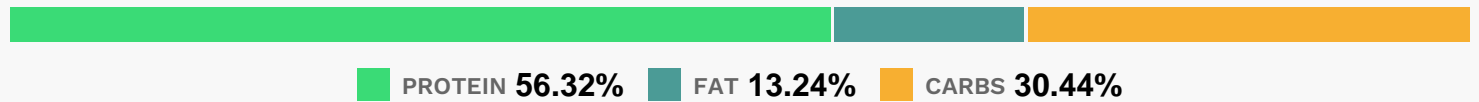
Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray; add pork. Cook pork 3 to 4 minutes or until browned, turning occasionally. Reduce heat to medium-low; cover and cook 10 minutes. Turn pork over; cook 10 minutes or until a thermometer registers 160 (slightly pink).

Place pork on a cutting board; let stand 3 minutes.

Cut into 1/4-inch-thick slices.

While pork stands, combine pineapple juice and remaining 3 ingredients; add to pan drippings. Bring to a boil; boil 5 minutes or until liquid is reduced to 1/4 cup. Spoon sauce over pork slices.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:4.25, Inflammation Score:-2, Nutrition Score:15.645651910616%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 181.28kcal (9.06%), Fat: 2.55g (3.92%), Saturated Fat: 0.8g (5%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 12.53g (4.56%), Sugar: 12.15g (13.5%), Cholesterol: 73.71mg (24.57%), Sodium: 205.01mg (8.91%), Alcohol: 0.77g (100%), Alcohol %: 0.56% (100%), Protein: 24.37g (48.73%), Vitamin B1: 1.18mg (78.49%), Selenium: 35.17µg (50.25%), Vitamin B6: 0.92mg (46.19%), Vitamin B3: 7.76mg (38.78%), Phosphorus: 291.45mg (29.15%), Vitamin B2: 0.41mg (24.06%), Potassium: 528.04mg (15.09%), Zinc: 2.23mg (14.87%), Magnesium: 40.93mg (10.23%), Vitamin B5: 0.98mg (9.79%), Vitamin B12: 0.58µg (9.64%), Copper: 0.15mg (7.68%), Iron: 1.33mg (7.4%), Vitamin C: 4mg (4.85%), Manganese: 0.07mg (3.74%), Fiber: 0.64g (2.58%), Vitamin E: 0.28mg (1.85%), Calcium: 15.52mg (1.55%), Vitamin D: 0.23µg (1.51%)