



Slow Cooker Blackberry Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



6

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup blackberries fresh
- 16 ounce garnish: blackberry jam seedless
- 1 tablespoon rosemary dried crushed to taste
- 1 tablespoon rubbed sage dried
- 0.5 cup wine dry red (such as Cabernet Sauvignon, Merlot, or a blend)
- 1 teaspoon pepper black
- 2 tablespoons honey
- 2 pound pork tenderloin

1 teaspoon salt

Equipment

sauce pan

slow cooker

Directions

Season the pork tenderloin on all sides with salt, pepper, sage, and rosemary.

Place the tenderloin into a slow cooker, and spoon the blackberry jam, 1/4 cup honey, and 2 tablespoons of red wine over the pork. Set the cooker to Low, and cook until very tender, 4 to 5 hours.

About 15 minutes before serving time, pour 1/2 cup red wine, 2 tablespoons of honey, and the fresh blackberries into a saucepan. Bring to a boil over medium-low heat, and simmer until the sauce thickens slightly and some of the berries burst, about 15 minutes.

To serve, slice the tenderloin and spoon blackberry-wine sauce over slices.

Nutrition Facts



PROTEIN 30.18% **FAT 11.92%** **CARBS 57.9%**

Properties

Glycemic Index:39.05, Glycemic Load:31.55, Inflammation Score:-4, Nutrition Score:22.777391392252%

Flavonoids

Cyanidin: 23.99mg, Cyanidin: 23.99mg, Cyanidin: 23.99mg, Cyanidin: 23.99mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 10.43mg, Catechin: 10.43mg, Catechin: 10.43mg, Catechin: 10.43mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 442.79kcal (22.14%), Fat: 5.61g (8.63%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 61.31g (20.44%), Net Carbohydrates: 58.83g (21.39%), Sugar: 43.59g (48.43%), Cholesterol: 98.28mg (32.76%), Sodium: 491.18mg (21.36%), Alcohol: 2.1g (100%), Alcohol %: 0.95% (100%), Protein: 31.96g (63.91%), Vitamin B1: 1.51mg (100.42%), Selenium: 47.52µg (67.89%), Vitamin B6: 1.2mg (59.82%), Vitamin B3: 10.21mg (51.06%), Phosphorus: 388.4mg (38.84%), Vitamin B2: 0.58mg (34.06%), Zinc: 3.05mg (20.31%), Potassium: 706.2mg (20.18%), Vitamin C: 12.04mg (14.59%), Manganese: 0.27mg (13.61%), Vitamin B5: 1.36mg (13.56%), Vitamin B12: 0.79µg (13.1%), Copper: 0.26mg (13.07%), Magnesium: 51.53mg (12.88%), Iron: 2.24mg (12.46%), Vitamin K: 11.01µg (10.49%), Fiber: 2.48g (9.91%), Vitamin E: 0.73mg (4.88%), Calcium: 43.06mg (4.31%), Folate: 16.45µg (4.11%), Vitamin D: 0.45µg (3.02%), Vitamin A: 86.3IU (1.73%)