



Smoked Pork Tenderloin with Bourbon-Rosemary Sauce

READY IN



135 min.

SERVINGS



15

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 1 juice of lemon
- ☐ 0.5 cup brown sugar light
- ☐ 0.5 cup beef broth low-sodium
- ☐ 15 servings smoked-onion soubise
- ☐ 2 pork tenderloins
- ☐ 3 large rosemary sprigs chopped
- ☐ 15 servings salt and pepper freshly ground

- ☐ 0.5 cup soya sauce
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ wok

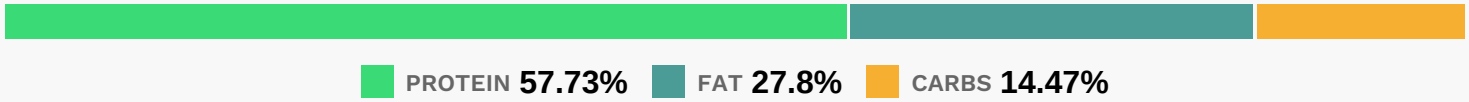
Directions

- ☐ In a glass dish, mix the bourbon, soy sauce, sugar, lemon juice and rosemary sprigs.
- ☐ Add the pork and turn to coat.
- ☐ Let stand for 1 hour, turning the pork every 30 minutes.
- ☐ Assemble the smoker by spreading 1/2 cup small, dry hardwood chips over the bottom of the smoker, then placing the drip tray and rack directly on the chips. (To jury-rig a smoker, line a wok or disposable aluminum baking pan with heavy-duty foil and spread with dry wood chips; top with another layer of foil to catch drips and a rack. Cover the wok or pan by sealing it tightly with a lid or sheet of foil.)
- ☐ Preheat the oven to 37
- ☐ In a well-ventilated area, set the smoker over high heat. When smoke rises from all sides, set the pork on the rack; reserve 1/2 cup of the marinade. Cover and smoke for 40 seconds; remove from the smoker.
- ☐ In an ovenproof skillet, heat the oil until shimmering.
- ☐ Add the pork and season with salt and pepper. Cook over moderate heat until browned all over.
- ☐ Transfer the pork to the oven and roast until pale pink in the center, 15 minutes.
- ☐ Transfer the meat to a carving board and let rest for 5 minutes.
- ☐ Pour off the oil and set the skillet over high heat.

- ☐
- Add the reserved marinade and the broth and boil, scraping up any browned bits in the skillet, until reduced to 2/3 cup, 5 minutes.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:29.430869340897%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Nutrients (% of daily need)

Calories: 385.63kcal (19.28%), Fat: 11.03g (16.97%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 11.9g (4.33%), Sugar: 9.63g (10.7%), Cholesterol: 161.23mg (53.74%), Sodium: 770.78mg (33.51%), Alcohol: 2.67g (100%), Alcohol %: 1.02% (100%), Protein: 51.53g (103.06%), Vitamin B1: 2.41mg (160.41%), Selenium: 73.73µg (105.33%), Vitamin B6: 1.94mg (96.81%), Vitamin B3: 16.37mg (81.84%), Phosphorus: 614.97mg (61.5%), Vitamin B2: 0.84mg (49.59%), Zinc: 4.66mg (31.06%), Potassium: 1075.88mg (30.74%), Vitamin B5: 2.14mg (21.36%), Vitamin B12: 1.26µg (21.01%), Magnesium: 74.76mg (18.69%), Iron: 2.71mg (15.06%), Copper: 0.25mg (12.66%), Manganese: 0.15mg (7.54%), Vitamin C: 4.86mg (5.89%), Vitamin D: 0.75µg (5.02%), Vitamin E: 0.66mg (4.42%), Fiber: 1.01g (4.05%), Calcium: 35.74mg (3.57%), Folate: 12.43µg (3.11%), Vitamin K: 2.02µg (1.92%), Vitamin A: 53.33IU (1.07%)