



 **18%**
HEALTH SCORE

Special Pork Tenderloin

READY IN



85 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flour all-purpose
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 2 pound pork tenderloin
- 2 tablespoons butter
- 1 cup onion chopped
- 1 garlic clove minced
- 2 cups apple sauce unsweetened
- 0.3 cup brown sugar packed

- 0.3 cup soya sauce
- 0.3 cup apple juice
- 0.5 teaspoon ground ginger

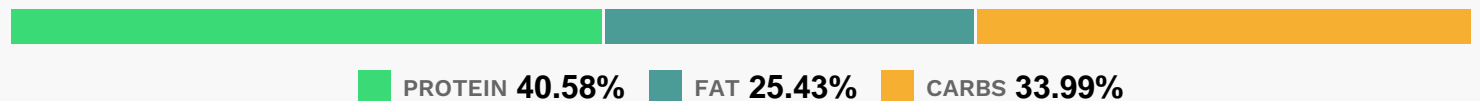
Equipment

- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer

Directions

- In a shallow bowl, combine flour, salt if desired and pepper.
- Cut each tenderloin into six pieces; flatten to about 1-in. thickness. Melt butter in a large skillet. Dip pork into flour mixture; add to skillet and brown on both sides.
- Place in an ungreased 11x7-in. baking pan. In the same skillet, saute onion and garlic until tender.
- Add remaining ingredients; bring to a boil.
- Pour over pork. Cover and bake at 350° for 1 hour or until the juices run clear and a thermometer reads 160°.

Nutrition Facts



Properties

Glycemic Index:44.96, Glycemic Load:4.99, Inflammation Score:-4, Nutrition Score:22.248695700065%

Flavonoids

Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 4.89mg, Epicatechin: 4.89mg, Epicatechin: 4.89mg, Epicatechin: 4.89mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 332.11kcal (16.61%), Fat: 9.34g (14.36%), Saturated Fat: 4.22g (26.4%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 26.36g (9.59%), Sugar: 18.85g (20.95%), Cholesterol: 108.31mg (36.1%), Sodium: 848.37mg (36.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.51g (67.02%), Vitamin B1: 1.58mg (105.47%), Selenium: 48.96µg (69.94%), Vitamin B6: 1.25mg (62.32%), Vitamin B3: 10.93mg (54.63%), Phosphorus: 402.79mg (40.28%), Vitamin B2: 0.59mg (34.98%), Potassium: 751.46mg (21.47%), Zinc: 3.01mg (20.07%), Vitamin B5: 1.43mg (14.27%), Manganese: 0.27mg (13.53%), Magnesium: 53.53mg (13.38%), Iron: 2.4mg (13.33%), Vitamin B12: 0.79µg (13.24%), Copper: 0.2mg (10.01%), Fiber: 1.71g (6.84%), Folate: 22.25µg (5.56%), Vitamin E: 0.58mg (3.89%), Vitamin C: 3.04mg (3.68%), Calcium: 32.94mg (3.29%), Vitamin D: 0.45µg (3.02%), Vitamin A: 144.87IU (2.9%), Vitamin K: 1.14µg (1.09%)