



Spiced Pork Tenderloin with Maple-Chipotle Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 7 ounce chipotle sauce canned
- 1.5 tablespoons cider vinegar
- 0.5 teaspoon thyme leaves dried
- 3 tablespoons less-sodium chicken broth fat-free
- 0.1 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon

- 0.3 teaspoon ground nutmeg
- 2 pound pork tenderloins trimmed
- 0.5 cup maple syrup
- 2 teaspoons olive oil
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- sieve
- roasting pan
- kitchen thermometer
- ziploc bags

Directions

- To prepare pork, combine first 6 ingredients; sprinkle evenly over pork.
- Place in a large zip-top plastic bag; seal and refrigerate 3 hours.
- Preheat oven to 37
- Remove pork from bag.
- Place pork in a roasting pan; drizzle with oil.
- Bake at 375 for 30 minutes or until a thermometer inserted in center of pork registers 15
- Remove pork from pan; cover and let stand 10 minutes.
- To prepare sauce, remove 2 teaspoons adobo sauce from can of chiles; reserve remaining chiles and sauce for another use.
- Add 2 teaspoons adobo sauce, syrup, broth, and vinegar to roasting pan, scraping pan to loosen browned bits. Cook over medium heat 5 minutes, stirring constantly.
- Remove from heat.
- Place pork in pan, turning to coat.

- Remove pork from pan, reserving sauce in pan.
- Cut pork into 1/2-inch-thick slices. Strain sauce through a fine sieve into a bowl; serve with pork.

Nutrition Facts

PROTEIN 48% **FAT 15.89%** **CARBS 36.11%**

Properties

Glycemic Index:24.81, Glycemic Load:4.98, Inflammation Score:-2, Nutrition Score:17.113043379686%

Nutrients (% of daily need)

Calories: 205.03kcal (10.25%), Fat: 3.5g (5.39%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 15.34g (5.58%), Sugar: 13.75g (15.28%), Cholesterol: 73.71mg (24.57%), Sodium: 230.43mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.61%), Vitamin B1: 1.15mg (76.4%), Selenium: 35.06µg (50.09%), Vitamin B6: 0.88mg (44.13%), Vitamin B3: 7.63mg (38.17%), Vitamin B2: 0.64mg (37.94%), Phosphorus: 281.36mg (28.14%), Manganese: 0.51mg (25.72%), Zinc: 2.29mg (15.29%), Potassium: 503.65mg (14.39%), Fiber: 2.57g (10.29%), Iron: 1.84mg (10.23%), Vitamin B12: 0.59µg (9.82%), Vitamin B5: 0.97mg (9.67%), Magnesium: 35.48mg (8.87%), Copper: 0.11mg (5.29%), Calcium: 30.53mg (3.05%), Vitamin E: 0.4mg (2.67%), Vitamin K: 1.8µg (1.71%), Vitamin D: 0.23µg (1.51%)