



Spiced Pork Tenderloin with Sautéed Apples

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 cups gala apple unpeeled thinly sliced
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.1 teaspoon salt
- ☐ 0.4 teaspoon salt
- ☐ 0.3 cup shallots thinly sliced

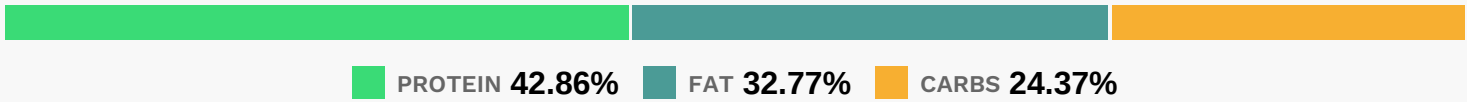
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Combine first 5 ingredients; sprinkle spice mixture evenly over pork. Coat pan with cooking spray.
- ☐ Add pork to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove pork from pan; keep warm.
- ☐ Melt butter in pan; swirl to coat.
- ☐ Add apple slices, 1/3 cup shallots, and 1/8 teaspoon salt; saut 4 minutes or until apple starts to brown.
- ☐ Add apple cider to pan, and cook for 2 minutes or until apple is crisp-tender. Stir in thyme leaves.
- ☐ Serve apple mixture with the pork.

Nutrition Facts



Properties

Glycemic Index:76.19, Glycemic Load:3.81, Inflammation Score:-6, Nutrition Score:16.917826113494%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.4mg, Epicatechin: 5.4mg, Epicatechin: 5.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate:

0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 228.95kcal (11.45%), Fat: 8.34g (12.83%), Saturated Fat: 4.44g (27.72%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 11.6g (4.22%), Sugar: 9.49g (10.55%), Cholesterol: 88.76mg (29.59%), Sodium: 399.51mg (17.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.55g (49.1%), Vitamin B1: 1.16mg (77.23%), Selenium: 35.29µg (50.42%), Vitamin B6: 0.98mg (49%), Vitamin B3: 7.7mg (38.52%), Phosphorus: 302.92mg (30.29%), Vitamin B2: 0.42mg (24.47%), Potassium: 608.6mg (17.39%), Zinc: 2.28mg (15.17%), Vitamin B5: 1.07mg (10.74%), Magnesium: 40.35mg (10.09%), Vitamin B12: 0.59µg (9.84%), Fiber: 2.36g (9.44%), Iron: 1.57mg (8.73%), Manganese: 0.15mg (7.39%), Copper: 0.14mg (7.24%), Vitamin C: 5.42mg (6.56%), Vitamin A: 234.3IU (4.69%), Vitamin E: 0.54mg (3.58%), Calcium: 23.96mg (2.4%), Folate: 9.09µg (2.27%), Vitamin K: 2.25µg (2.14%), Vitamin D: 0.23µg (1.51%)