



Spiced Rubbed Pork Tenderloin with Root Beer Reduction

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 teaspoons ancho chili powder
- 0.3 cup apple juice
- 2 teaspoons brown sugar
- 0.3 cup chicken stock see
- 3 teaspoons chocolate dark grated
- 3 tablespoons grapeseed oil plus more if needed
- 2 teaspoons ground coffee

- 2 pound pork loin
- 1 cup root beer
- 6 servings salt and pepper black freshly ground
- 0.3 cup cup heavy whipping cream sour
- 3 teaspoons mustard stone-ground
- 0.3 cup butter unsalted
- 1 onion diced white

Equipment

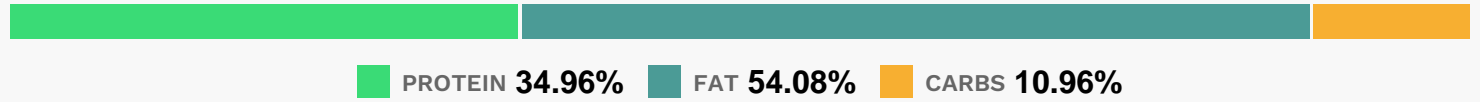
- frying pan
- baking sheet
- oven
- cutting board

Directions

- Preheat the oven to 350 degrees F.
- Mix together the chili powder, brown sugar, dark chocolate, and coffee in a shallow dish. Coat the pork tenderloin with the mustard, then roll it into the chili powder mixture, coating well. Pat down to make sure the spices stick to the pork.
- Add the oil to a large skillet over medium-high heat until smoking. Quickly sear the pork all over to get a golden brown color, turning constantly so the meat doesn't burn.
- Put the pork loin on a baking sheet and roast in the preheated oven until required doneness is reached, about or 20 to 25 minutes.
- Remove the loin from the baking sheet to a cutting board and let rest for 5 minutes.
- If needed, add a little more oil to the same skillet that was used to sear the pork.
- Heat the oil over low heat and stir in the onion.
- Saute the onion until soft, then add the chicken stock, root beer and apple juice. Simmer until the mixture is reduced to 1/2 the volume.
- Add the sour cream and stir until well combined.

- Remove from the heat and stir in the butter. The sauce should be thick and glossy. Adjust the seasoning with salt and pepper, to taste. If the sauce is a little spicy, more sugar can be added.
- Slice the pork into medallions and transfer to a serving platter.
- Serve with the root beer sauce on the side. Enjoy.

Nutrition Facts



Properties

Glycemic Index:34.79, Glycemic Load:1.07, Inflammation Score:-6, Nutrition Score:18.329565214074%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 404.68kcal (20.23%), Fat: 24.12g (37.1%), Saturated Fat: 9.07g (56.7%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 9.91g (3.61%), Sugar: 8.43g (9.37%), Cholesterol: 121.62mg (40.54%), Sodium: 143.45mg (6.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.43mg (1.14%), Protein: 35.08g (70.16%), Selenium: 43.94µg (62.77%), Vitamin B6: 1.2mg (60.01%), Vitamin B1: 0.69mg (46.3%), Vitamin B3: 9.05mg (45.22%), Phosphorus: 372.1mg (37.21%), Zinc: 2.98mg (19.87%), Vitamin B2: 0.33mg (19.44%), Vitamin E: 2.88mg (19.21%), Potassium: 672.05mg (19.2%), Vitamin B12: 0.81µg (13.57%), Magnesium: 52.28mg (13.07%), Vitamin B5: 1.23mg (12.27%), Vitamin A: 596.63IU (11.93%), Copper: 0.17mg (8.27%), Iron: 1.45mg (8.03%), Manganese: 0.14mg (6.91%), Vitamin D: 0.75µg (4.98%), Fiber: 1.09g (4.34%), Calcium: 35.07mg (3.51%), Vitamin K: 2.34µg (2.23%), Vitamin C: 1.57mg (1.91%), Folate: 5.33µg (1.33%)