



Spicy Pork Tenderloin with Potatoes and Peppers

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cherry peppers hot jarred seeded roughly chopped
- 0.5 cup cooking wine dry white (such as Sauvignon Blanc)
- 0.3 cup flat-leaf parsley leaves
- 2 large garlic cloves smashed
- 4 servings kosher salt and pepper
- 0.5 cup chicken broth low-sodium
- 1 pound new potatoes quartered

- 2 tablespoons olive oil
- 1 pound pork tenderloin

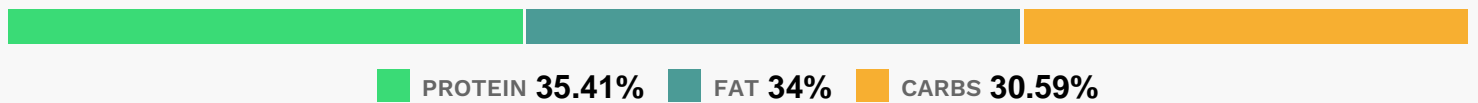
Equipment

- frying pan
- cutting board

Directions

- Heat the oil in a large skillet over medium-high heat. Season the pork with 3/4 teaspoon salt and 1/4 teaspoon pepper.
- Place it on one side of the skillet; place the potatoes and garlic on the other side and season with 1/2 teaspoon salt. Cook, stirring the potatoes and turning the pork, until the pork is browned on all sides, 6 to 8 minutes.
- Add the wine, broth, and cherry peppers. Reduce heat to medium-low and cook, covered, until the pork is cooked through and the potatoes are tender, 12 to 15 minutes.
- Transfer the pork to a cutting board and let rest at least 5 minutes before slicing. Stir the parsley into the potatoes and serve with the sliced pork. Food Fact: Not only are pickled hot cherry peppers delicious when cooked with pork, chicken, and beef but they're also tasty on salami sandwiches. Or stuff them with cream cheese, Feta, or blue cheese for a zesty hors d'oeuvre. A splash of the pepper brine will enliven a martini or a Bloody Mary.

Nutrition Facts



Properties

Glycemic Index:36.44, Glycemic Load:14.68, Inflammation Score:-6, Nutrition Score:24.176086912984%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 324.51kcal (16.23%), Fat: 11.32g (17.41%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 22.91g (7.64%), Net Carbohydrates: 19.56g (7.11%), Sugar: 0.97g (1.08%), Cholesterol: 73.71mg (24.57%), Sodium: 513.83mg (22.34%), Alcohol: 3.1g (100%), Alcohol %: 1.23% (100%), Protein: 26.52g (53.05%), Vitamin B1: 1.21mg (80.7%), Vitamin K: 67.89µg (64.66%), Vitamin B6: 1.23mg (61.35%), Selenium: 34.92µg (49.88%), Vitamin B3: 9.15mg (45.77%), Phosphorus: 353.51mg (35.35%), Vitamin C: 27.79mg (33.69%), Potassium: 975.33mg (27.87%), Vitamin B2: 0.43mg (25.45%), Zinc: 2.54mg (16.91%), Magnesium: 59.25mg (14.81%), Fiber: 3.35g (13.42%), Vitamin B5: 1.31mg (13.09%), Iron: 2.35mg (13.03%), Copper: 0.25mg (12.43%), Manganese: 0.22mg (11.05%), Vitamin B12: 0.62µg (10.32%), Vitamin E: 1.3mg (8.65%), Vitamin A: 320.57IU (6.41%), Folate: 23.89µg (5.97%), Calcium: 29.67mg (2.97%), Vitamin D: 0.34µg (2.27%)