



 **43%**
HEALTH SCORE

Stuffed Pork Tenderloin with Marsala-Port Sauce

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 shallots finely sliced
- 0.5 onion diced yellow finely
- 4 mushrooms thinly sliced
- 4 mushrooms thinly sliced
- 0.5 cup apricot dried
- 1 tablespoons raisins
- 2 tablespoons cranberries dried

- 2 tablespoons flat parsley
- 1 large pork tenderloin
- 0.5 cup plum brandy
- 0.5 cup port wine
- 1 tablespoon butter
- 2 tablespoons cup heavy whipping cream
- 0.5 teaspoon olive oil
- 4 servings salt and pepper

Equipment

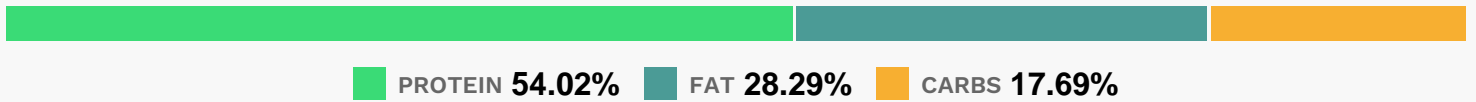
- food processor
- frying pan
- oven
- toothpicks
- aluminum foil
- spatula

Directions

- Preheat the oven to 450 .
- In large skillet, over medium heat warm the olive oil.
- Add the onions, shallots and mushrooms. Cook until the onions are translucent.
- Remove from the heat.
- In a small food processor add the dried apricots, raisins, dried cranberries, parsley and the onion mushrooms mixture. Pulse for a few times until everything is minced and well combined.
- Cut the tenderloin in half crosswise. Butterfly each sections making sure not to go completely thru the meat.
- Salt and pepper generously each section.
- Spread the onion mushroom mixture over on side.

- Place the other half of the meat over the mixture and seal the sides with toothpicks. Season generously with salt and pepper on each side.
- In the same pan that the onions were cooked, heat teaspoon of olive oil and add the pork tenderloin. Sear each side for about 3–5 minutes.
- Place in the hot over and cook for another 20 to 30 minutes, or until no juices are running off the pork tenderloin.
- Remove from the oven, transfer the meat on a dish and cover with aluminum foil.
- Pour off any fat from the pan, or bits of meat that may have fallen from the pork.
- Add the marsala and port wine. Bring to a boil and with a spatula scrape up any browned bits on the bottom of the pan.
- Add any pan juices from the tenderloin and continue cooking until the sauce is reduced to cup.
- Remove from the heat and add the butter and cream. Swirl around to ensure butter is melted.
- Remove the toothpicks and cut the pork tenderloin crosswise. Arrange on a plate and pour the sauce over it, or alongside.

Nutrition Facts



Properties

Glycemic Index:73.8, Glycemic Load:5.43, Inflammation Score:-8, Nutrition Score:44.575217391304%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.35mg, Delphinidin: 2.35mg, Delphinidin: 2.35mg, Delphinidin: 2.35mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Taste

Sweetness: 21.08%, Saltiness: 100%, Sourness: 20.17%, Bitterness: 17.72%, Savoriness: 72.92%, Fattiness: 67.08%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 788.1kcal (39.4%), Fat: 22.41g (34.48%), Saturated Fat: 8.99g (56.21%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 28.79g (10.47%), Sugar: 20.9g (23.22%), Cholesterol: 310.77mg (103.59%), Sodium: 467.02mg (20.31%), Alcohol: 9.18g (51%), Protein: 96.27g (192.54%), Vitamin B1: 4.52mg (301.18%), Selenium: 142.26µg (203.23%), Vitamin B6: 3.59mg (179.33%), Vitamin B3: 32.11mg (160.56%), Phosphorus: 1170.84mg (117.08%), Vitamin B2: 1.74mg (102.53%), Potassium: 2247.81mg (64.22%), Zinc: 8.9mg (59.33%), Vitamin B5: 4.58mg (45.82%), Vitamin B12: 2.39µg (39.87%), Magnesium: 142.36mg (35.59%), Vitamin K: 34.76µg (33.11%), Copper: 0.64mg (32.22%), Iron: 5.54mg (30.79%), Vitamin A: 961.44IU (19.23%), Vitamin E: 2.11mg (14.04%), Manganese: 0.26mg (13.08%), Fiber: 2.74g (10.95%), Vitamin D: 1.56µg (10.4%), Vitamin C: 5.44mg (6.6%), Calcium: 58.02mg (5.8%), Folate: 16.72µg (4.18%)