



## Uptown Pork Chops and Apple Sauce: Roast Pork Tenderloins with Escalloped Apples

READY IN



55 min.

SERVINGS



6

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 tablespoons butter
- 2 tablespoons flour all-purpose
- 2 tablespoons thyme leaves fresh chopped
- 1 tablespoon grill seasoning
- 2 tablespoons juice of lemon
- 2 teaspoons lemon zest
- 2 tablespoons olive oil extra-virgin
- 2 pieces pork tenderloins – ask the butcher to trim them up for you

- 5 golden delicious apples cored crisp sliced quartered
- 6 servings salt
- 2 tablespoons sugar

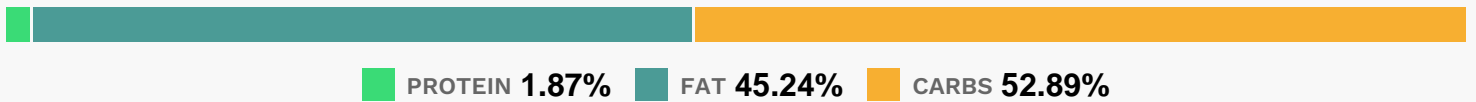
## Equipment

- frying pan
- oven
- grill

## Directions

- Watch how to make this recipe.
- Heat oven to 425 degrees F.
- Coat the tenderloins with olive oil.
- Combine the grill seasoning, lemon zest and thyme. Rub the spice mixture into the tenderloin and roast 25 minutes.
- Remove and let juices settle then slice on an angle.
- Melt butter in skillet over medium heat and saute apples for 12 to 15 minutes until very tender. Season with a pinch of salt and sprinkle the flour over the skillet, toss to combine. Squeeze the lemon juice over the skillet and sweeten with sugar.
- Arrange the apples over the pork to serve.

## Nutrition Facts



## Properties

Glycemic Index:45.35, Glycemic Load:9.82, Inflammation Score:-9, Nutrition Score:4.8773912707263%

## Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg Epicatechin 3-gallate:

0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg  
Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg,  
Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol:  
0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg,  
Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin:  
0.06mg, Apigenin: 0.06mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Kaempferol:  
0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.1mg, Quercetin: 6.1mg,  
Quercetin: 6.1mg, Quercetin: 6.1mg

## **Nutrients (% of daily need)**

Calories: 201.03kcal (10.05%), Fat: 10.75g (16.54%), Saturated Fat: 4.33g (27.05%), Carbohydrates: 28.29g (9.43%),  
Net Carbohydrates: 24.09g (8.76%), Sugar: 19.95g (22.17%), Cholesterol: 15.27mg (5.09%), Sodium: 241.15mg  
(10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Fiber: 4.2g (16.78%), Vitamin C: 13.59mg  
(16.47%), Vitamin K: 12.01µg (11.44%), Manganese: 0.16mg (7.86%), Vitamin A: 385.87IU (7.72%), Vitamin E: 1.13mg  
(7.52%), Potassium: 193.1mg (5.52%), Iron: 0.98mg (5.47%), Vitamin B6: 0.09mg (4.32%), Vitamin B2: 0.07mg  
(4.09%), Vitamin B1: 0.05mg (3.57%), Magnesium: 13.99mg (3.5%), Copper: 0.07mg (3.26%), Folate: 12.39µg (3.1%),  
Calcium: 28.67mg (2.87%), Phosphorus: 25.97mg (2.6%), Vitamin B3: 0.38mg (1.9%), Selenium: 1.1µg (1.57%),  
Vitamin B5: 0.13mg (1.32%), Zinc: 0.16mg (1.06%)