



WESTERN WISCONSIN HEALTH

CURRIED PORK TENDERLOIN IN APPLE CIDER **(GLUTEN FREE)**

- 16 oz. pork tenderloin, cut into 6 pieces
- 1 1/2 T. curry powder
- 1 T. extra virgin olive oil
- 2 medium yellow onions, chopped (about 2 C.)
- 2 C. apple cider, divided
- 1 tart apple, peeled, seeded and chopped into chunks
- 1 T. cornstarch

Nutrition Facts

Serving Size (217g)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 200mg **8%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 16g

Vitamin A 0% • Vitamin C 40%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Season the pork tenderloin with curry powder and let stand for 15 minutes. In a large, heavy skillet, heat the olive oil over medium-high heat. Add the tenderloin and cook, turning once, until browned on both sides, about 5 to 10 minutes. Remove the meat from the skillet and set aside. Add the onions to the skillet and sauté until soft and golden. Add 1 1/2 cups of the apple cider; reduce the heat and simmer until the liquid is half the volume. Add the chopped apple, cornstarch and the remaining 1/2 cup apple cider. Stir and simmer while the sauce thickens, about 2 minutes. Return the tenderloin to the skillet and simmer for the final 5 minutes. To serve, arrange tenderloin on a serving platter or divide onto individual plates. Pour thickened sauce over meat and serve immediately.

NUTRITION FACTS: Serving size: 2 1/2 oz, 6 servings