

Roasted Pork Tenderloin with Apple-Cranberry Chutney

Yield: 4 servings

Serving size: 4oz slice pork

Prep Time: 30 minutes



Ingredients

Pork Tenderloin:

- ✓ 1-pound pork tenderloin roast
- ✓ 2 teaspoons any salt-free seasoning (ex. Mrs Dash)

Apple-Cranberry Chutney:

- ✓ 2 cups chopped golden delicious apples
- ✓ ½ cup chopped onions
- ✓ ½ cup fresh or frozen cranberries
- ✓ 1 Tablespoon light brown sugar
- ✓ 2 Tablespoons apple cider vinegar
- ✓ 1/8 teaspoon nutmeg
- ✓ ½ teaspoon ground cinnamon

Directions:

1. Trim all fat off pork edges and season thoroughly with McCormick seasoning of your choice.
2. Place pork on baking sheet and roast in oven at 425 degrees for 20-30 minutes or until pork reaches internal temperature of 165 degrees.
3. While pork cooks, combine all ingredients for chutney into a sauce pan. Heat on medium to high heat and bring to a boil.
4. Reduce heat and simmer for 15-20minutes or until apples are tender and chutney has thickened.
5. When pork has reached 165 degrees internal temp, slice into 4 4-ounce pieces, spoon chutney over individual pork slices, and enjoy!

Nutrition Facts:

Nutrition Facts	
Serving Size (224g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 65mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 30g	
Vitamin A 0%	• Vitamin C 10%
Calcium 2%	• Iron 8%
*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	30g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Lifestyle Tips:

Pork can be a part of a healthy diet. Choose lean cuts of pork and always trim away any visible fat before cooking. Roasts from the pork loin are the best, since they do not have much fat and the tenderloin is moist and juicy. The pork loin roast has a slightly stronger pork flavor than the tenderloin and is also extremely lean. It compares in leanness to chicken breast. Use low fat cooking methods such as roasting, grilling, stir-frying, or barbecuing.