

# Pecan-Crusted Pork with Orange-Maple Glaze II

*All-Time Favorites Volume 6  
Better Homes and Gardens Magazine*

## Servings: 4

*1 1/2 pounds pork tenderloin  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/4 cup pure maple syrup  
1 cup pecan pieces, chopped  
2 tablespoons vegetable oil  
2 oranges  
1/4 teaspoon ground cumin  
1/4 teaspoon cayenne pepper*

Trim the pork. Cut into 1/2-inch slices. Flatten the slices with the palm of your hand. Season the pork with salt and pepper.

Place three tablespoons of the maple syrup in a shallow dish. Place the pecans in a second dish.

In an extra-large skillet, heat the oil over medium heat. Coat the pork in the syrup, then press into the pecans. Place the pork in the skillet in a single layer. Top with the remaining pecans and syrup from the dishes. Cook for 3 to 4 minutes or until the juices run clear, turning once. Remove from the skillet. With a slotted spoon, remove any pecan pieces in the skillet and spoon over the pork.

Juice one of the oranges. Stir the orange juice, the remaining one tablespoon of maple syrup, cumin and cayenne into the skillet. Cook, uncovered, for 1 to 2 minutes until slightly thickened. Pour over the pork.

Cut the remaining orange into wedges. Serve the pork with the orange wedges.

Start to Finish Time: 30 minutes

---

Per Serving (excluding unknown items): 296 Calories; 13g Fat (39.3% calories from fat); 36g Protein; 8g Carbohydrate; 2g Dietary Fiber; 111mg Cholesterol; 352mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Fruit; 1 1/2 Fat.

Pork

## Per Serving Nutritional Analysis

|                                       |       |                             |        |
|---------------------------------------|-------|-----------------------------|--------|
| <b>Calories (kcal):</b>               | 296   | <b>Vitamin B6 (mg):</b>     | .9mg   |
| <b>% Calories from Fat:</b>           | 39.3% | <b>Vitamin B12 (mcg):</b>   | 1.4mcg |
| <b>% Calories from Carbohydrates:</b> | 10.8% | <b>Thiamin B1 (mg):</b>     | 1.7mg  |
| <b>% Calories from Protein:</b>       | 49.9% | <b>Riboflavin B2 (mg):</b>  | .5mg   |
| <b>Total Fat (g):</b>                 | 13g   | <b>Folacin (mcg):</b>       | 29mcg  |
| <b>Saturated Fat (g):</b>             | 3g    | <b>Niacin (mg):</b>         | 8mg    |
| <b>Monounsaturated Fat (g):</b>       | 7g    | <b>Caffeine (mg):</b>       | 0mg    |
| <b>Polyunsaturated Fat (g):</b>       | 2g    | <b>Alcohol (kcal):</b>      | 0      |
| <b>Cholesterol (mg):</b>              | 111mg | <b>% Refuse:</b>            | 0 0%   |
| <b>Carbohydrate (g):</b>              | 8g    | <b>Food Exchanges</b>       |        |
| <b>Dietary Fiber (g):</b>             | 2g    | <b>Grain (Starch):</b>      | 0      |
| <b>Protein (g):</b>                   | 36g   | <b>Lean Meat:</b>           | 5      |
| <b>Sodium (mg):</b>                   | 352mg | <b>Vegetable:</b>           | 0      |
| <b>Potassium (mg):</b>                | 748mg | <b>Fruit:</b>               | 1/2    |
| <b>Calcium (mg):</b>                  | 38mg  | <b>Non-Fat Milk:</b>        | 0      |
| <b>Iron (mg):</b>                     | 2mg   | <b>Fat:</b>                 | 1 1/2  |
| <b>Zinc (mg):</b>                     | 4mg   | <b>Other Carbohydrates:</b> | 0      |
| <b>Vitamin C (mg):</b>                | 36mg  |                             |        |
| <b>Vitamin A (i.u.):</b>              | 192IU |                             |        |
| <b>Vitamin A (r.e.):</b>              | 22RE  |                             |        |

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 296 **Calories from Fat:** 116

### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | 13g   | 20% |
| Saturated Fat              | 3g    | 14% |
| <b>Cholesterol</b>         | 111mg | 37% |
| <b>Sodium</b>              | 352mg | 15% |
| <b>Total Carbohydrates</b> | 8g    | 3%  |
| Dietary Fiber              | 2g    | 7%  |
| <b>Protein</b>             | 36g   |     |
| <b>Vitamin A</b>           |       | 4%  |
| <b>Vitamin C</b>           |       | 61% |
| <b>Calcium</b>             |       | 4%  |
| <b>Iron</b>                |       | 13% |

\* Percent Daily Values are based on a 2000 calorie diet.