

Pecan-Crusted Pork with Orange-Maple Glaze

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens*

Servings: 4

*1 (about 1-1/2 pounds) pork
tenderloin*

1/2 teaspoon salt

1/4 teaspoon black pepper

4 tablespoons pure maple syrup

1 cup pecan pieces, finely chopped

2 tablespoons vegetable oil

2 oranges

1/4 teaspoon ground cumin

1/4 teaspoon cayenne pepper

Trim the pork, then 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 syrup in a shallow dish. Place the pecans in a second shallow dish.

In a very large skillet, heat the oil over medium heat. Coat the pork in syrup, then press into the pecans. Place the pork in a skillet in a single layer. Top with the remaining pecans and syrup from the dish. 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, the cumin and cayenne into the skillet. Cook, uncovered, for 1 to 2 minutes or 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): 160 Calories; 9g Fat (49.4% calories from fat); 13g Protein; 8g Carbohydrate; 2g Dietary Fiber; 37mg Cholesterol; 295mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Fruit; 1 1/2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	160	Vitamin B6 (mg):	.3mg
% Calories from Fat:	49.4%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	19.5%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	31.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	9g	Folacin (mcg):	23mcg
Saturated Fat (g):	1g	Niacin (mg):	3mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	37mg	% Refused:	n n%
Carbohydrate (g):	8g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	13g	Lean Meat:	1 1/2
Sodium (mg):	295mg	Vegetable:	0
Potassium (mg):	332mg	Fruit:	1/2
Calcium (mg):	33mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	35mg		
Vitamin A (i.u.):	185IU		
Vitamin A (r.e.):	19 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 160 **Calories from Fat:** 79

% Daily Values*

Total Fat	9g	14%
Saturated Fat	1g	7%
Cholesterol	37mg	12%
Sodium	295mg	12%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	7%
Protein	13g	

Vitamin A	4%
Vitamin C	59%
Calcium	3%
Iron	5%

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