
Pork Tenderloin with Applesauce

Helen Benz

Nettles Island Cooking in Paradise - 2014

pork tenderloin

5 medium McIntosh apples, pared and cored

3/4 cup water

1/2 cup packed brown sugar

1/4 teaspoon cinnamon

1/8 teaspoon nutmeg

Preheat the oven to 325 degrees.

Place the tenderloin in a roasting pan. Cook in the oven to an internal temperature of 110 degrees on a meat thermometer. Increase the oven temperature to 420 degrees. Continue cooking the tenderloin to a final temperature of 145 to 150 degrees internal.

In a saucepan, heat the apples and water over medium heat to boiling. Reduce to simmer, stirring occasionally, for 5 to 10 minutes. Strain at this point. Stir in the brown sugar, cinnamon and nutmeg. Heat to a boil. Reduce the heat and simmer for 10 minutes. Remove from the stove and chill.

Pork

Per Serving (excluding unknown items): 417 Calories; trace Fat (0.2% calories from fat); trace Protein; 108g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 48mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 7 Other Carbohydrates.