

Slow-Cooked Pork Tenderloin with Cranberry Sauce

*Paula Macri - Gattuso's Bella Cucina
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*1 (three-pound) pork tenderloin
1 can (16 ounce) whole cranberry
sauce
1/2 cup orange juice
1/4 cup sugar
1 teaspoon ground mustard
2 tablespoons cornstarch
3 tablespoons cold water*

Place the pork tenderloin in a slow-cooker.

In a bowl, combine the cranberry sauce, orange juice, sugar and ground mustard. Pour the mixture over the pork.

Cover and cook on LOW for five to six hours or until a meat thermometer reads 160 degrees.

Remove the pork from the crockpot and keep warm.

In a small bowl, combine the cornstarch and cold water until smooth. Gradually stir into the cranberry mixture.

Cover and cook on HIGH for about 15 minutes or until thickened. Serve with the pork tenderloin.

Per Serving (excluding unknown items): 582 Calories; 8g Fat (12.5% calories from fat); 49g Protein; 77g Carbohydrate; trace Dietary Fiber; 147mg Cholesterol; 118mg Sodium. Exchanges: 1 Grain(Starch); 7 Lean Meat; 1 Fruit; 3 1/2 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	582	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	12.5%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	53.8%	Thiamin B1 (mg):	2.3mg

% Calories from Protein: 33.7%
 Total Fat (g): 8g
 Saturated Fat (g): 3g
 Monounsaturated Fat (g): 4g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 147mg
 Carbohydrate (g): 77g
 Dietary Fiber (g): trace
 Protein (g): 49g
 Sodium (mg): 118mg
 Potassium (mg): 1080mg
 Calcium (mg): 27mg
 Iron (mg): 3mg
 Zinc (mg): 5mg
 Vitamin C (mg): 64mg
 Vitamin A (i.u.): 262IU
 Vitamin A (r.e.): 66 1/2RE

Riboflavin B2 (mg): .7mg
 Folic Acid (mcg): 80mcg
 Niacin (mg): 11mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 1
 Lean Meat: 7
 Vegetable: 0
 Fruit: 1
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 3 1/2

Nutrition Facts

Amount Per Serving

Calories 582 Calories from Fat: 73

% Daily Values*

Total Fat	8g	12%
Saturated Fat	3g	13%
Cholesterol	147mg	49%
Sodium	118mg	5%
Total Carbohydrates	77g	26%
Dietary Fiber	trace	2%
Protein	49g	
Vitamin A		5%
Vitamin C		107%
Calcium		3%
Iron		17%

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