



Healthy Recipes

Pork tenderloin with apples and blue cheese

By Mayo Clinic Staff

Dietitian's tip:

The white wine in this recipe may be replaced with unsweetened apple juice.

Number of servings

Serves 4

Healthy carb

Low Sodium

Ingredients

- 1 pound pork tenderloin
- 1/2 teaspoon white pepper
- 2 teaspoons black pepper
- 1/4 teaspoon cayenne pepper
- 1 teaspoon paprika
- 2 teaspoons canola oil
- 2 apples, sliced
- 1/2 cup white wine or 1/2 cup unsweetened apple juice
- 1/4 cup (about 1 ounce) crumbled blue cheese

Directions

Heat oven to 350 F. Trim tenderloin of all fat and silvery membrane. Season with spices.

In a large skillet over medium-high heat, add oil and put tenderloin in the pan. Sear each side, using tongs to turn the meat. Transfer meat to a roasting pan and cook in oven for 15 to 20 minutes, until internal temperature reaches 155 F. Remove from oven and transfer tenderloin to a platter. Cover with foil and let rest.

Add apples to roasting pan and saute on stovetop until dark brown. Add wine (or juice) and simmer until liquid is reduced by half.

Slice pork, spoon apples over top and sprinkle with blue cheese. Serve.

Nutritional analysis per serving

Serving size: About 4 ounces

Total carbohydrate	17 g	Cholesterol	79 mg
Dietary fiber	3 g	Protein	26 g
Sodium	145 mg	Monounsaturated fat	3 g
Saturated fat	2 g	Calories	235
Total fat	7 g	Added sugars	0 g
Trans fat	Trace	Total sugars	11 g

DASH Eating Plan Servings

Meats, poultry and fish	4	DASH diet: Recommended servings
Fruits	1	

[Sample DASH menus](#)

Mayo Clinic Healthy Weight Pyramid Servings

Protein and dairy	2	Sample menu
Fruits	1/2	

Diabetes Meal Plan Choices

Meat and meat substitutes	4
Fruits	1

Created by the chefs at Mayo Clinic's Dan Abraham Healthy Living Center.

Jan. 25, 2019

Original article: <https://www.mayoclinic.org/healthy-lifestyle/recipes/pork-tenderloin-with-apples-and-blue-cheese/rcp-20049971>

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