

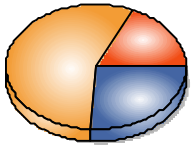


## Pork Loin w/ Nectarine\_Cranberry Chutney

By: Adapted from Cooking Light 6/2006 by DrJez LLC

Recipe grams: 1838.00g/64.8oz

Serves 4 459.50g/16.2oz per serving



Protein: 33%  
Carbohydrates: 47%  
Fat: 20%

### INGREDIENTS

12 oz PORK TENDERLOIN, ROASTED, SLF  
2 pats BUTTER W/SALT  
4 fruit NECTARINE, RAW  
2 tbsp BALSAMIC VINEGAR  
4 dash SALT, TABLE  
1 tsp CINNAMON, GROUND  
1 tsp CLOVES, GROUND  
2 cup CRANBERRY, RAW  
2 cup WILD RICE, COOKED  
1 head GREEN LEAF LETTUCE, RAW

### DIRECTIONS

Gently Salt Pork Tenderloin. Place on rack in a 350 degree oven and cook until done ~ 25-35 minutes.

For Chutney, melt butter in saucepan over medium heat. Add onion and cook until softened. Add Nectarines, cranberries and vinegar and cook until nectarines are tender. Stir in remaining ingredients and remove from heat.

Serve wild rice, chutney and 3 oz pork over bed of greens .

### Nutrition Facts

Serving Size: 1 serving (459.5g)  
Servings: 1

#### Amount Per Serving

Calories 350 Calories from Fat 70

% Daily Value\*

**Total Fat** 8g **15%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Cholesterol** 75mg **25%**

**Sodium** 250mg **10%**

**Total Carbohydrate** 43g **15%**

Dietary Fiber 8g **30%**

Sugars 15g

**Protein** 30g

Vitamin A 140% • Vitamin C 50%

Calcium 6% • Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet.