

Quinoa Stuffed Pork Tenderloin

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/apple-mushroom-pork-tenderloin-southern-living-recipe>

Ingredients:

- 1/4 cup quinoa uncooked
- 1/2 cup water
- 2 tablespoons olive oil
- 1/2 onion chopped
- 2 cloves garlic chopped
- 1 apples small, peeled, cored and chopped
- 1/4 cup raisins
- 2 tablespoons pine nuts
- 4 mushrooms chopped
- 2 tablespoons white wine
- 1 pound pork tenderloin
- 1 pinch ground cinnamon
- 1 pinch garam masala or to taste
- salt and ground black pepper to taste

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 75 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 65 milligrams
9. Sugar: 10 grams

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