

# Herb-Roasted Pork Tenderloin with Caramelized Apple-Balsamic Reduction

*Succulent pork tenderloin paired with a tangy apple-balsamic sauce creates a blood sugar-friendly meal that's both elegant and nourishing for metabolic health.*

Prep: 10 min

Cook: 25 min

Total: 35 min

Servings: 4

GL 4.4 / GI 11

## Ingredients

**Extra virgin preferred for antioxidants** olive oil

**Lean protein with zero glycemic impact** pork tenderloin, trimmed of visible fat

**To taste** freshly ground black pepper

**Contains chromium for blood sugar regulation** yellow onion, chopped

**Granny Smith has lower GI than sweet varieties** apple, chopped (Granny Smith preferred)

**Anti-inflammatory herb** fresh rosemary, chopped

**Adds depth without sodium spike** low-sodium chicken broth

**Acidity helps moderate glucose response** balsamic vinegar

# Instructions

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## Step 1

Preheat your oven to 450°F (230°C). Prepare a rimmed baking sheet by lightly coating it with cooking spray or lining with parchment paper. Pat the pork tenderloin completely dry with paper towels for better browning.

## Step 2

Heat the olive oil in a large oven-safe skillet over medium-high heat until shimmering. Season the pork tenderloin generously with freshly ground black pepper on all sides.

## Step 3

Sear the pork tenderloin in the hot skillet, turning every 45-60 seconds to develop a golden-brown crust on all sides, approximately 3-4 minutes total. This caramelization adds depth of flavor without added sugars.

## Step 4

Transfer the seared pork to the prepared baking sheet and roast in the preheated oven for 12-15 minutes, until an instant-read thermometer inserted into the thickest part registers 145°F for medium doneness. Remove and let rest for 5 minutes while preparing the sauce.

## Step 5

Return the same skillet to medium heat (do not wash—those browned bits add flavor). Add the chopped onions and sauté for 2-3 minutes until they begin to soften and turn translucent.

## Step 6

Add the chopped Granny Smith apple and fresh rosemary to the skillet. Continue cooking for 3-4 minutes, stirring occasionally, until the apples soften slightly and the onions become golden and caramelized. The apple's natural pectin will help thicken the sauce naturally.

## Step 7

Pour in the chicken broth and balsamic vinegar, scraping up any browned bits from the bottom of the pan. Increase heat to medium-high and simmer vigorously for 4-5 minutes until the sauce reduces by half and develops a glossy, slightly thickened consistency. The balsamic vinegar's acidity helps slow sugar absorption and enhances the sauce's complexity.

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[logifoodcoach.com/recipes/herb-roasted-pork-tenderloin-with-caramelized-apple-balsamic](https://logifoodcoach.com/recipes/herb-roasted-pork-tenderloin-with-caramelized-apple-balsamic)

## Step 8

Slice the rested pork tenderloin on a diagonal into 1/2-inch medallions. Arrange on warmed plates and generously spoon the warm apple-balsamic reduction over the top, ensuring each serving receives an equal portion of the sauce. Serve immediately with non-starchy vegetables like roasted asparagus or sautéed green beans for optimal blood sugar control.