



Bacon Pork Tenderloin



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons spiced apple butter
- 0.3 teaspoon chili powder
- 0.3 teaspoon ground allspice
- 2 tablespoons honey
- 8 slices maple bacon smoked
- 3 pound pork tenderloin

Equipment

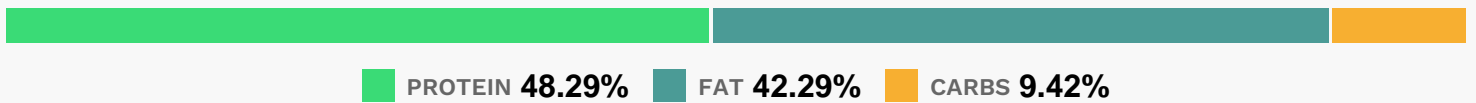
- bowl

- frying pan
- oven
- toothpicks
- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Spray a broiler pan with cooking spray.
- Place bacon in a large skillet and cook over medium heat, turning occasionally, until bacon begins to brown but is still flexible, about 5 minutes.
- Mix apple butter, honey, allspice, and chili powder in a small bowl.
- Wrap tenderloin in 4 slices of partially-cooked bacon and secure with toothpicks.
- Brush half the apple butter mixture over bacon and wrap the tenderloin with remaining slices of bacon.
- Brush remaining apple butter mixture over the meat.
- Place tenderloin on prepared broiling pan.
- Bake in the preheated oven until apple butter mixture has baked into a glaze and an instant-read meat thermometer inserted into the thickest part of the tenderloin reads at least 145 degrees F (65 degrees C), about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:3.02, Inflammation Score:-3, Nutrition Score:27.707391117254%

Nutrients (% of daily need)

Calories: 430.99kcal (21.55%), Fat: 19.7g (30.3%), Saturated Fat: 6.59g (41.18%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 9.68g (3.52%), Sugar: 8.75g (9.73%), Cholesterol: 166.78mg (55.59%), Sodium: 315.13mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.61g (101.21%), Vitamin B1: 2.31mg (153.95%), Selenium: 74.73µg (106.75%), Vitamin B6: 1.82mg (90.99%), Vitamin B3: 16.2mg (80.99%), Phosphorus: 594.69mg (59.47%), Vitamin B2: 0.79mg (46.66%), Zinc: 4.61mg (30.75%), Potassium: 963.55mg (27.53%), Vitamin B12: 1.33µg (22.1%),

Vitamin B5: 2.07mg (20.71%), Magnesium: 65.51mg (16.38%), Iron: 2.4mg (13.32%), Copper: 0.22mg (11.25%),
Vitamin D: 0.8µg (5.32%), Vitamin E: 0.66mg (4.41%), Manganese: 0.07mg (3.6%), Calcium: 17.69mg (1.77%)