



Bacon-Wrapped Pork Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 0.8 teaspoon pepper black
- 8 apricots dried cut in half
- 2 small fennel bulbs cut into eighths
- 4 sprigs thyme leaves fresh
- 0.8 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 pound pork tenderloin

Equipment

- frying pan
- paper towels
- oven

Directions

- Heat oven to 400 F. Pat the pork dry with paper towels. Season with 1/2 teaspoon of the salt and 1/2 teaspoon of the pepper. Top the pork with the thyme and wrap it with the bacon.
- Heat the oil in a large cast-iron skillet over medium-high heat.
- Add the pork and fennel. Season with the remaining salt and pepper. Cook the pork for 2 minutes per side.
- Add the apricots.
- Transfer skillet to oven and roast for 20 to 25 minutes.
- Let rest for 5 minutes. Slice the pork and serve with the fennel and apricots.

Nutrition Facts

 **PROTEIN 33.31%**  **FAT 43.93%**  **CARBS 22.76%**

Properties

Glycemic Index:38.85, Glycemic Load:5.26, Inflammation Score:-9, Nutrition Score:26.046521622202%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 335.54kcal (16.78%), Fat: 16.58g (25.51%), Saturated Fat: 4.87g (30.41%), Carbohydrates: 19.32g (6.44%), Net Carbohydrates: 14.29g (5.2%), Sugar: 13.14g (14.61%), Cholesterol: 88.23mg (29.41%), Sodium: 703.31mg (30.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.56%), Vitamin B1: 1.19mg (79.28%), Vitamin K: 76.69µg (73.04%), Selenium: 39.97µg (57.1%), Vitamin B6: 1.01mg (50.42%), Vitamin B3: 9.57mg (47.83%), Phosphorus: 378.75mg (37.87%), Potassium: 1170.39mg (33.44%), Vitamin B2: 0.45mg (26.74%), Fiber: 5.03g (20.12%), Vitamin C: 15.8mg (19.15%), Zinc: 2.7mg (18%), Manganese: 0.35mg (17.28%), Vitamin A: 793.39IU (15.87%),

Magnesium: 60.52mg (15.13%), Iron: 2.7mg (15.02%), Vitamin E: 2.22mg (14.82%), Vitamin B5: 1.43mg (14.35%),
Copper: 0.25mg (12.66%), Vitamin B12: 0.7µg (11.66%), Folate: 33.7µg (8.43%), Calcium: 80.05mg (8.01%), Vitamin
D: 0.43µg (2.85%)