



Bacon Wrapped Pork Tenderloin

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

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon
- 4 servings pepper black freshly ground
- 4 servings coarse salt
- 10 leaves sage fresh
- 1 pinch garlic powder
- 2 pounds pork tenderloin

Equipment

- frying pan

oven

Directions

- Remove about an inch off the tapered end of each tenderloin to make a perfect cylinder. Season with salt, pepper, and a pinch of garlic powder.
- Lay the bacon strips in a overlapping line on a sheet of cling wrap.
- Place sage leaves all over bacon (about 9-10 leaves).
- Place 1 piece of tenderloin across the short ends of the bacon and roll to cover with the bacon. Repeat with the other tenderloin segments. Preheat oven to 425 F.
- Place the tenderloin in non-stick pan and sear on all sides over medium-high heat.
- Transfer the pan to the preheated oven and cook for 8-10 minutes, turning the pieces after 5 minutes to ensure even cooking.

Nutrition Facts

 **PROTEIN 51.51%**  **FAT 47.96%**  **CARBS 0.53%**

Properties

Glycemic Index: 9.25, Glycemic Load: 0.01, Inflammation Score: -3, Nutrition Score: 28.32347826087%

Nutrients (% of daily need)

Calories: 410.25kcal (20.51%), Fat: 21.11g (32.48%), Saturated Fat: 7.07g (44.19%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0g (0%), Cholesterol: 169.2mg (56.4%), Sodium: 530.22mg (23.05%), Protein: 51.02g (102.03%), Vitamin B1: 2.32mg (154.58%), Selenium: 75.36µg (107.66%), Vitamin B6: 1.82mg (91.17%), Vitamin B3: 16.32mg (81.6%), Phosphorus: 598.93mg (59.89%), Vitamin B2: 0.79mg (46.55%), Zinc: 4.63mg (30.9%), Potassium: 958.75mg (27.39%), Copper: 0.52mg (26.24%), Vitamin B12: 1.34µg (22.41%), Vitamin B5: 2.08mg (20.83%), Magnesium: 65.56mg (16.39%), Iron: 2.36mg (13.11%), Vitamin D: 0.81µg (5.42%), Vitamin E: 0.64mg (4.28%), Manganese: 0.06mg (2.95%), Calcium: 16.51mg (1.65%)