



Bacon-Wrapped Pork Tenderloin



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 slices bacon cut in half crosswise



1 lb pork tenderloin



1 teaspoon steak seasoning

Equipment



oven



wire rack



roasting pan



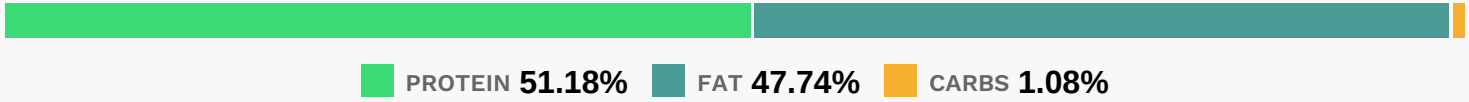
grill

- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Remove silver skin from pork tenderloin, leaving a thin layer of fat covering the pork.
- ☐ Sprinkle seasoning over pork. Wrap pork with bacon slices, and secure with wooden picks.
- ☐ Place pork on a lightly greased wire rack in an aluminum foil-lined roasting pan.
- ☐ Bake at 425 for 25 minutes or until a meat thermometer inserted into thickest portion registers 15
- ☐ Increase oven temperature to broil. Broil 5 inches from heat 3 to 5 minutes or until bacon is crisp.
- ☐ Remove from oven; cover pork with foil, and let stand 10 minutes or until thermometer registers 16
- ☐ Note: For testing purposes only, we used McCormick Grill Mates Montreal Steak Seasoning.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:15.532173909895%

Nutrients (% of daily need)

Calories: 206.42kcal (10.32%), Fat: 10.59g (16.29%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.48g (0.18%), Sugar: 0.02g (0.02%), Cholesterol: 84.6mg (28.2%), Sodium: 168.33mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.09%), Vitamin B1: 1.16mg (77.36%), Selenium: 37.71µg (53.87%), Vitamin B6: 0.92mg (45.9%), Vitamin B3: 8.17mg (40.87%), Phosphorus: 300.17mg (30.02%), Vitamin B2: 0.4mg (23.32%), Zinc: 2.33mg (15.54%), Potassium: 481.74mg (13.76%), Vitamin B12: 0.67µg (11.2%), Vitamin B5: 1.04mg (10.41%), Magnesium: 33.72mg (8.43%), Iron: 1.34mg (7.47%), Copper: 0.11mg (5.6%), Vitamin K: 4.03µg (3.84%), Vitamin D: 0.41µg (2.71%), Manganese: 0.05mg (2.6%), Vitamin E: 0.33mg (2.18%), Calcium: 12.61mg (1.26%)