



Bacon Wrapped Pork Tenderloin



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



6

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12.3 inch bacon thick
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 tablespoon olive oil divided
- ☐ 6 servings salt and pepper to taste

Equipment

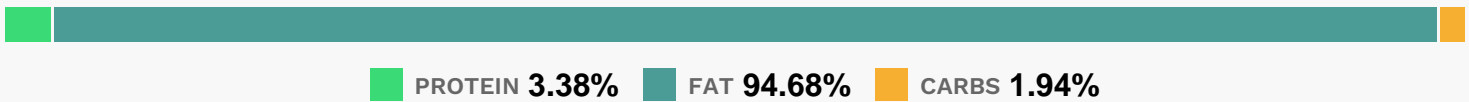
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ ramekin
- ☐ roasting pan
- ☐ aluminum foil
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 300 degrees F.
- ☐ Place garlic in a small ramekin, drizzle with 1-tablespoon olive oil, and wrap in foil.
- ☐ Bake until soft, about 45 minutes. When cool enough to handle, squeeze garlic flesh from head into a small bowl. Arrange tenderloins on work surface. Rub the top each tenderloin with ½ of the roasted garlic and season with salt and pepper.
- ☐ Mix together the herbs and scatter half of the mix over the garlic on each tenderloin. Wrap 6 strips of bacon around each tenderloin and tie bacon in place with kitchen twine.
- ☐ Heat oven to 375 degrees F.
- ☐ Heat remaining oil in a medium, skillet over medium-high heat. Sear the tenderloins until golden brown on all sides.
- ☐ Transfer seared tenderloins to medium roasting pan; place in the oven and cook to medium rare about 8 minutes.
- ☐ Transfer tenderloins to cutting board and let stand 10 minutes.
- ☐ Remove twine before carving.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:1.2352173943882%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg

Nutrients (% of daily need)

Calories: 85.12kcal (4.26%), Fat: 9.1g (14%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0g (0%), Cholesterol: 3.42mg (1.14%), Sodium: 228.45mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin E: 1.03mg (6.87%), Vitamin K: 4.21µg (4.01%), Vitamin C: 1.94mg (2.35%), Iron: 0.29mg (1.6%), Selenium: 1.04µg (1.49%), Vitamin A: 67.09IU (1.34%), Manganese: 0.02mg (1.22%), Vitamin B3: 0.23mg (1.16%)