



Bacon Wrapped Stuffed Pork Tenderloin

READY IN



65 min.

SERVINGS



4

CALORIES



863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon
- ☐ 3 slices bread
- ☐ 0.3 cup butter melted
- ☐ 1 stalk celery chopped fine
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 medium onion chopped fine
- ☐ 1 pork tenderloin
- ☐ 3 tablespoons poultry seasoning

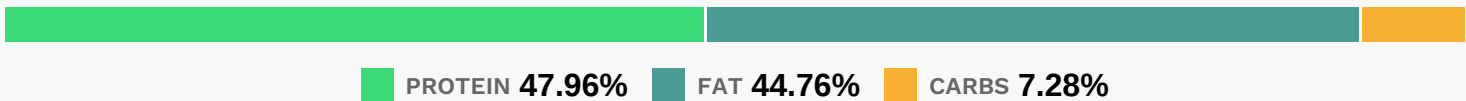
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Slice the pork almost in half, but do not cut all the way through. Butterfly the sides until the pork is open enough to stuff.
- ☐ Mix torn bread, melted butter, poultry seasoning, onion, and celery in a bowl until bread is evenly coated with butter and seasoning; season with salt and pepper. Stuff the pork tenderloin with the bread mixture. Wrap the pork around the filling and secure closed with toothpicks. Wrap bacon slices around the stuffed tenderloin. Season top of tenderloin with black pepper.
- ☐ Cook in the preheated oven until pork is cooked through, about 45 minutes. An instant-read thermometer inserted into the center of the stuffing should read at least 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:49.92, Glycemic Load:5.99, Inflammation Score:-7, Nutrition Score:43.974782301032%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 862.94kcal (43.15%), Fat: 41.84g (64.37%), Saturated Fat: 17.3g (108.11%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 13.47g (4.9%), Sugar: 2.6g (2.89%), Cholesterol: 347.06mg (115.69%), Sodium: 654.77mg (28.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 100.85g (201.7%), Vitamin B1: 4.65mg (310.28%), Selenium: 150.63µg (215.19%), Vitamin B6: 3.66mg (183.05%), Vitamin B3: 32.64mg (163.19%), Phosphorus: 1195.68mg (119.57%), Vitamin B2: 1.63mg (95.99%), Zinc: 9.26mg (61.71%), Potassium: 1968.61mg (56.25%), Vitamin B12: 2.55µg (42.46%), Vitamin B5: 4.23mg (42.27%), Magnesium: 146.04mg (36.51%), Iron: 6.44mg (35.78%), Manganese: 0.58mg (29.08%), Vitamin K: 29.39µg (27.99%), Copper: 0.49mg (24.47%), Vitamin E: 1.58mg (10.55%), Vitamin A: 501.2IU (10.02%), Vitamin D: 1.49µg (9.95%), Calcium: 99.16mg (9.92%), Folate: 31.26µg (7.81%), Fiber: 1.83g (7.33%), Vitamin C: 2.75mg (3.33%)