



# Bacon Wrapped Tenderloin with Sage and Lemon

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

READY IN



**55 min.**

SERVINGS



**6**

CALORIES



**658 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 apples cored peeled quartered
- 1 pound bacon
- 6 leaves sage fresh finely chopped
- 6 servings salt and ground pepper black to taste
- 0.5 juice of lemon juiced
- 2 juice of lemon juiced to taste
- 1 lemon zest

- 3 pound pork tenderloins boneless
- 1 tablespoon vegetable oil or as needed

## Equipment

- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer

## Directions

- Season pork tenderloins with salt and black pepper.
- Heat oil in a skillet over medium-high heat. Cook tenderloins in hot oil until browned on each side, 3 to 5 minutes per side.
- Remove from heat and cool.
- Preheat oven to 380 degrees F (193 degrees C).
- Stir juice from 1/2 lemon, sage, and lemon zest together in a bowl until a paste forms; spread paste over each tenderloin.
- Wrap bacon strips around each tenderloin and place in a baking dish. Scatter apples around tenderloins and drizzle juice of 2 lemons over meat and apples.
- Cook pork in the preheated oven until apples are tender and pork is slightly pink in the center, about 25 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).

## Nutrition Facts

 **PROTEIN 34.91%**  **FAT 56.08%**  **CARBS 9.01%**

## Properties

Glycemic Index:10.67, Glycemic Load:3.33, Inflammation Score:-4, Nutrition Score:31.736521648324%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

## Nutrients (% of daily need)

Calories: 658.29kcal (32.91%), Fat: 40.47g (62.26%), Saturated Fat: 13.11g (81.93%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 12.26g (4.46%), Sugar: 9.82g (10.91%), Cholesterol: 197.31mg (65.77%), Sodium: 619.51mg (26.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.68g (113.36%), Vitamin B1: 2.46mg (163.67%), Selenium: 83.94µg (119.91%), Vitamin B6: 1.98mg (99.06%), Vitamin B3: 18.13mg (90.66%), Phosphorus: 671.28mg (67.13%), Vitamin B2: 0.85mg (50.12%), Zinc: 5.18mg (34.54%), Potassium: 1154.34mg (32.98%), Vitamin B12: 1.56µg (25.96%), Vitamin B5: 2.39mg (23.94%), Copper: 0.39mg (19.27%), Magnesium: 76mg (19%), Iron: 2.65mg (14.73%), Vitamin C: 10.31mg (12.5%), Fiber: 2.36g (9.42%), Vitamin E: 1.2mg (7.97%), Vitamin D: 0.98µg (6.55%), Vitamin K: 6.33µg (6.03%), Manganese: 0.09mg (4.51%), Calcium: 25.65mg (2.56%), Vitamin A: 83.44IU (1.67%), Folate: 5.38µg (1.34%)