



Balsamic Roast Pork Tenderloins

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

READY IN



30 min.

SERVINGS



10

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons balsamic vinegar
- 10 servings coarse salt and pepper black
- 4 sprigs thyme leaves fresh finely chopped
- 8 cloves garlic
- 4 tablespoons olive oil extra-virgin
- 4.5 pounds pork tenderloins with 2 tenderloins in each package
- 4 sprigs rosemary leaves stripped fresh finely chopped

Equipment

- baking sheet
- oven
- knife

Directions

- Watch how to make this recipe.
- Preheat oven to 500 degrees F.
- Trim silver skin or connective tissue off tenderloins with a very sharp thin knife.
- Place tender loins on a nonstick cookie sheet with a rim. Coat tenderloins in a few tablespoons of balsamic vinegar, rubbing vinegar into meat.
- Drizzle tenderloins with extra-virgin olive oil, just enough to coat.
- Cut small slits into meat and disperse chunks of cracked garlic cloves into meat.
- Combine steak seasoning blend or coarse salt and pepper with rosemary and thyme and rub meat with blend. Roast in hot oven 20 minutes.
- Let meat rest, transfer to a carving board, slice and serve.

Nutrition Facts

PROTEIN 57.86% **FAT 39.42%** **CARBS 2.72%**

Properties

Glycemic Index:12.5, Glycemic Load:0.79, Inflammation Score:-5, Nutrition Score:24.858260725179%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 304.11kcal (15.21%), Fat: 12.83g (19.73%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.98g (1.09%), Cholesterol: 132.68mg (44.23%), Sodium: 301.97mg (13.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.36g (84.72%), Vitamin B1: 2.01mg (133.96%), Selenium: 62.19µg (88.84%), Vitamin B6: 1.59mg (79.64%), Vitamin B3: 13.52mg (67.58%), Phosphorus: 501.34mg (50.13%),

Vitamin B2: 0.69mg (40.73%), Zinc: 3.86mg (25.72%), Potassium: 821.77mg (23.48%), Vitamin B12: 1.06µg (17.69%),
Vitamin B5: 1.72mg (17.25%), Magnesium: 57.16mg (14.29%), Iron: 2.17mg (12.07%), Copper: 0.19mg (9.65%), Vitamin
E: 1.26mg (8.38%), Manganese: 0.08mg (4.24%), Vitamin D: 0.61µg (4.08%), Vitamin K: 3.41µg (3.25%), Calcium:
20.24mg (2.02%), Vitamin C: 1.4mg (1.69%)