



BBQ Pork Tenderloin & Sweet Potato Fries

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



37 kcal

SIDE DISH

Ingredients

- 0.3 cup original barbecue sauce divided kraft
- 0.1 tsp ground pepper red (cayenne)
- 2 Tbsp oil
- 2 Tbsp parmesan cheese grated kraft
- 1.5 lb pork tenderloin
- 1.5 lb sweet potatoes cut lengthwise into 3/4-inch-wide strips, then cut crosswise in half (3)

Equipment

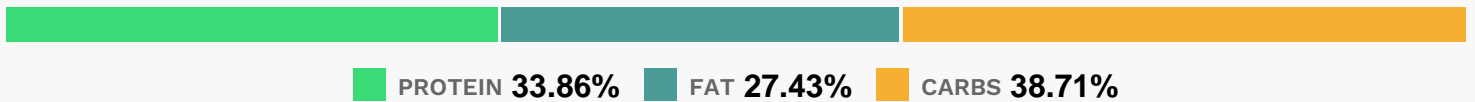
- bowl

- baking sheet
- oven
- aluminum foil
- cutting board

Directions

- Heat oven to 425F.
- Place rimmed baking sheet in oven; heat 10 min.
- Toss potatoes with oil until evenly coated.
- Place meat on hot baking sheet; surround with potatoes.
- Bake 25 to 30 min. or until meat is done (145F) and potatoes are crisp, brushing meat with half the barbecue sauce and turning potatoes after 20 min.
- Transfer meat to cutting board; brush with remaining barbecue sauce. Cover loosely with foil; let stand 3 min. before slicing.
- Meanwhile, place potatoes in large bowl.
- Add cheese and red pepper; mix lightly.
- Serve meat with potatoes.

Nutrition Facts



Properties

Glycemic Index:1.8, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:4.1008695752724%

Nutrients (% of daily need)

Calories: 37.12kcal (1.86%), Fat: 1.12g (1.72%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 3.12g (1.13%), Sugar: 1.2g (1.34%), Cholesterol: 9.02mg (3.01%), Sodium: 37.7mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin A: 1938.68IU (38.77%), Vitamin B1: 0.14mg (9.65%), Vitamin B6: 0.13mg (6.71%), Selenium: 4.3µg (6.14%), Vitamin B3: 0.99mg (4.94%), Phosphorus: 41.13mg (4.11%), Vitamin B2: 0.06mg (3.29%), Potassium: 104.22mg (2.98%), Vitamin B5: 0.23mg (2.27%), Zinc: 0.31mg (2.05%), Manganese: 0.04mg (1.98%), Magnesium: 7.4mg (1.85%), Copper: 0.03mg (1.71%), Fiber: 0.43g (1.71%), Iron: 0.23mg (1.27%), Vitamin B12: 0.07µg (1.22%), Vitamin E: 0.18mg (1.21%)