



Brown Basmati Rice and Roast Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples diced sweet such as braeburn,
- 0.7 cup rice
- 0.5 teaspoon rosemary leaves fresh divided minced
- 4 servings green beans
- 3 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon zest grated
- 2 tablespoons olive oil extra virgin extra-virgin divided

- 12 oz pork tenderloin
- 1 cup grapes red halved
- 0.5 teaspoon water plus more for rice cooking water
- 1 tablespoon coarse mustard

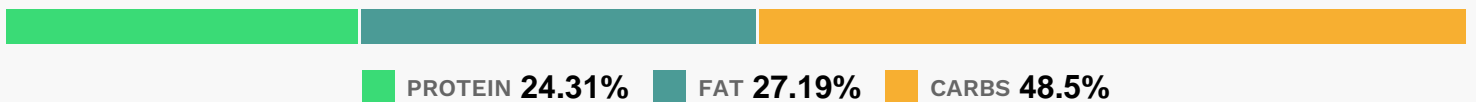
Equipment

- bowl
- frying pan
- oven
- whisk
- kitchen thermometer

Directions

- Preheat oven to 40
- In oven-safe pan, rub pork with 1/4 tsp rosemary and 1/2 tsp oil. Roast until thermometer in thickest part of pork registers 145 (25–30 minutes).
- Meanwhile, cook rice in boiling lightly salted water until just tender (30 minutes); drain.
- In a large bowl whisk remaining 2 TBSP plus 1 tsp oil with lemon zest and juice, mustard, and 1/2 tsp salt; remove 2 TBSP.
- Add rice, grapes, apple, and remaining 1/4 tsp rosemary to bowl; toss.
- Serve pork thinly sliced with rice mixture and, if desired, green beans; drizzle with reserved vinaigrette.

Nutrition Facts



Properties

Glycemic Index:54.3, Glycemic Load:20.58, Inflammation Score:-5, Nutrition Score:19.4191306052%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 348.13kcal (17.41%), Fat: 10.62g (16.34%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 42.61g (14.2%), Net Carbohydrates: 39.07g (14.21%), Sugar: 12.76g (14.18%), Cholesterol: 55.28mg (18.43%), Sodium: 91.83mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.72%), Vitamin B1: 0.95mg (63.04%), Selenium: 32.08µg (45.83%), Vitamin B6: 0.84mg (41.9%), Vitamin B3: 6.66mg (33.32%), Vitamin K: 34.46µg (32.82%), Phosphorus: 280.57mg (28.06%), Manganese: 0.53mg (26.3%), Vitamin B2: 0.4mg (23.62%), Potassium: 624.3mg (17.84%), Vitamin C: 14.7mg (17.82%), Zinc: 2.13mg (14.22%), Fiber: 3.54g (14.16%), Magnesium: 51.87mg (12.97%), Copper: 0.25mg (12.33%), Vitamin B5: 1.22mg (12.22%), Vitamin E: 1.64mg (10.93%), Iron: 1.94mg (10.77%), Vitamin A: 434.51IU (8.69%), Vitamin B12: 0.44µg (7.37%), Folate: 25.3µg (6.32%), Calcium: 44.09mg (4.41%), Vitamin D: 0.26µg (1.7%)