



Burgundy Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 ounce brown gravy mix dry
- 1 stalk celery chopped
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground pepper black
- 0.5 onion thinly sliced
- 2 pounds pork tenderloin
- 2 cups red wine
- 0.5 teaspoon salt

Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place pork in a 9x13 inch baking dish, and sprinkle meat with salt, pepper and garlic powder. Top with onion and celery, and pour wine over all.
- Bake in the preheated oven for 45 minutes.
- When done baking, remove meat from baking dish, and place on a serving platter.
- Pour gravy mix into baking dish with wine and cooking juices, and stir until thickened. Slice meat, and cover with the gravy.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.84, Inflammation Score:-6, Nutrition Score:28.496086830678%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg

Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 385.16kcal (19.26%), Fat: 8.14g (12.52%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 5.02g (1.82%), Sugar: 1.65g (1.84%), Cholesterol: 147.42mg (49.14%), Sodium: 451.96mg (19.65%), Alcohol: 12.72g (100%), Alcohol %: 4.27% (100%), Protein: 47.23g (94.45%), Vitamin B1: 2.24mg (149.56%), Selenium: 69.17µg (98.82%), Vitamin B6: 1.83mg (91.71%), Vitamin B3: 15.31mg (76.57%), Phosphorus: 587.05mg (58.7%), Vitamin B2: 0.81mg (47.76%), Potassium: 1097.64mg (31.36%), Zinc: 4.46mg (29.74%), Vitamin B5: 1.98mg (19.82%), Magnesium: 78.83mg (19.71%), Vitamin B12: 1.18µg (19.66%), Iron: 2.85mg (15.83%), Manganese: 0.25mg (12.72%), Copper: 0.23mg (11.47%), Vitamin D: 0.68µg (4.54%), Vitamin K: 3.88µg (3.69%), Vitamin E: 0.53mg (3.56%), Calcium: 31.95mg (3.2%), Fiber: 0.49g (1.96%), Folate: 7.63µg (1.91%), Vitamin C: 1.33mg (1.61%), Vitamin A: 53.48IU (1.07%)