



HEALTH SCORE

66%

Cheese-Stuffed Pork Tenderloin



Very Healthy

READY IN



110 min.

SERVINGS



3

CALORIES



970 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon crumbled cooked
- ☐ 2 tablespoons cream cheese softened
- ☐ 1 pinch parsley dried
- ☐ 1 cup bread crumbs dry
- ☐ 2 tablespoons pkt spinach frozen chopped
- ☐ 0.3 teaspoon garlic chopped
- ☐ 2 green onions chopped
- ☐ 3 servings salt and ground pepper black to taste

- ☐ 1 pork tenderloin
- ☐ 3 tablespoons cheddar cheese shredded
- ☐ 2 tablespoons mushrooms white finely chopped

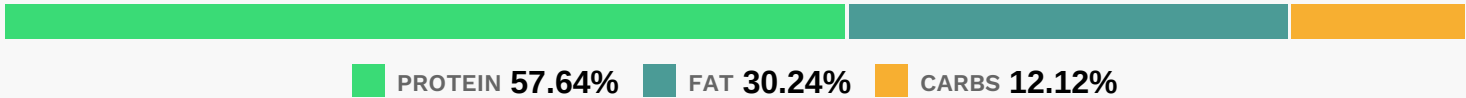
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
- ☐ Mix green onions, bacon, Cheddar cheese, cream cheese, spinach, mushrooms, garlic, parsley, salt, and pepper in a bowl.
- ☐ Spread onto one side of pounded tenderloin.
- ☐ Roll tenderloin around the filling in a jelly-roll fashion. Coat rolled tenderloin with bread crumbs; place on the prepared baking sheet.
- ☐ Bake in the preheated oven until pork is no longer pink in the center, about 1 1/2 hours. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:51.63652187845%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 970.46kcal (48.52%), Fat: 31.47g (48.41%), Saturated Fat: 11.82g (73.85%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 26.05g (9.47%), Sugar: 3.1g (3.44%), Cholesterol: 416.58mg (138.86%), Sodium: 764.13mg (33.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 134.98g (269.95%), Vitamin B1: 6.34mg (422.89%), Selenium: 199.87µg (285.53%), Vitamin B6: 4.75mg (237.38%), Vitamin B3: 43.41mg (217.07%), Phosphorus: 1616.97mg (161.7%), Vitamin B2: 2.33mg (137.14%), Zinc: 12.51mg (83.42%), Potassium: 2591.63mg (74.05%), Vitamin K: 60.71µg (57.82%), Vitamin B12: 3.44µg (57.4%), Vitamin B5: 5.58mg (55.79%), Magnesium: 195.01mg (48.75%), Iron: 8.12mg (45.11%), Copper: 0.7mg (34.85%), Vitamin A: 1471.79IU (29.44%), Manganese: 0.56mg (27.75%), Calcium: 195.69mg (19.57%), Folate: 62.89µg (15.72%), Vitamin D: 1.91µg (12.71%), Vitamin E: 1.89mg (12.6%), Fiber: 2.33g (9.33%), Vitamin C: 2.75mg (3.33%)