



Chestnut-Sage-Stuffed Pork Tenderloins

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup honey coarsely chopped
- ☐ 0.3 teaspoon rubbed sage dried
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon orange juice concentrate undiluted thawed
- ☐ 1 pound pork tenderloins
- ☐ 0.3 teaspoon poultry seasoning

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup breadcrumbs whole wheat

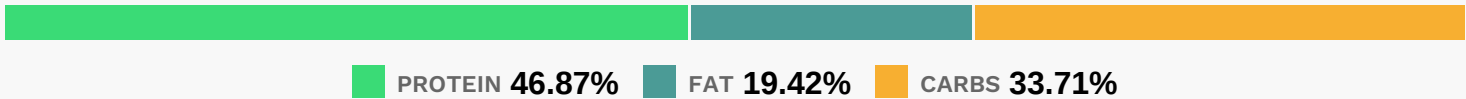
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 400
- ☐ Trim fat from pork.
- ☐ Cut each tenderloin lengthwise down center, cutting to, but not through, bottom.
- ☐ Place each tenderloin between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch-thick rectangle, using a meat mallet or rolling pin.
- ☐ Combine breadcrumbs and next 3 ingredients; stir well. Spoon one-half of mixture over 1 tenderloin; spread to within 1/2 inch of sides.
- ☐ Roll up tenderloin, jelly roll fashion, starting at narrow end. Tie with heavy string at 2-inch intervals. Repeat procedure with remaining tenderloin and breadcrumb mixture.
- ☐ Combine orange juice concentrate and next 4 ingredients; rub over surface of tenderloins.
- ☐ Place tenderloins on a broiler pan coated with cooking spray.
- ☐ Bake, uncovered, at 400 for 45 minutes.
- ☐ Let stand 10 minutes; slice.
- ☐ carbo rating: 10

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:3.01, Inflammation Score:-2, Nutrition Score:16.602173784505%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 209.39kcal (10.47%), Fat: 4.64g (7.14%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 16.61g (6.04%), Sugar: 1.57g (1.74%), Cholesterol: 73.71mg (24.57%), Sodium: 277.15mg (12.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.18g (50.37%), Vitamin B1: 1.14mg (76.31%), Selenium: 34.61µg (49.44%), Vitamin B6: 0.94mg (47.03%), Vitamin B3: 7.69mg (38.43%), Phosphorus: 285.26mg (28.53%), Vitamin B2: 0.39mg (23.11%), Vitamin C: 13.34mg (16.17%), Potassium: 537.01mg (15.34%), Zinc: 2.21mg (14.74%), Iron: 2.27mg (12.61%), Vitamin B5: 1.04mg (10.39%), Vitamin B12: 0.59µg (9.83%), Magnesium: 36.65mg (9.16%), Copper: 0.16mg (8.1%), Manganese: 0.12mg (6.21%), Fiber: 1.5g (6.01%), Folate: 10.07µg (2.52%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.28mg (1.86%), Vitamin K: 1.78µg (1.69%), Calcium: 15.94mg (1.59%)