



Chorizo-Stuffed Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounces pork tenderloin
- 0.3 teaspoon kosher salt
- 0.3 teaspoon pepper black
- 0.5 cup chorizo sausage cut
- 1.5 tablespoons olive oil
- 0.3 cup jam your favorite

Equipment

- frying pan

- oven
- plastic wrap
- meat tenderizer
- kitchen twine

Directions

- Heat oven to 450°F. Butterfly the tenderloin until it is laid out flat.
- Place the butterflied tenderloin between large pieces of plastic wrap. With a meat tenderizer, pound tenderloin until 1/4-inch thickness.
- Season the tenderloin on both sides with salt and pepper.
- Place the chorizo down the center of the tenderloin, patting it down, and leaving about 2 inches on all sides of the chorizo.
- Roll up the tenderloin. Truss the tenderloin with kitchen string.
- Heat a large sauté pan to high heat.
- Pour in the oil.
- Place the trussed tenderloin in the hot oil. Sear the tenderloin on all sides evenly, until the bottom has a browned crust.
- Slide the skillet into the hot oven.
- Bake for 12–16 minutes or until an internal temperature of 160°F has been achieved.
- Remove trussing; slice the tenderloin on a bias.
- Place the pieces on a platter.
- Drizzle the tenderloin with marmalade.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:7.94, Inflammation Score:-2, Nutrition Score:15.479565363863%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 289.56kcal (14.48%), Fat: 13.15g (20.22%), Saturated Fat: 4.45g (27.82%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 14.46g (5.26%), Sugar: 10.31g (11.45%), Cholesterol: 94.57mg (31.52%), Sodium: 211.54mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.38%), Vitamin B1: 1.12mg (74.47%), Selenium: 34.79µg (49.7%), Vitamin B6: 0.87mg (43.61%), Vitamin B3: 7.5mg (37.52%), Phosphorus: 279.79mg (27.98%), Vitamin B2: 0.4mg (23.44%), Zinc: 2.14mg (14.23%), Potassium: 463.76mg (13.25%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.96mg (9.55%), Vitamin C: 7.23mg (8.77%), Iron: 1.57mg (8.72%), Magnesium: 31.68mg (7.92%), Vitamin E: 1.03mg (6.88%), Copper: 0.12mg (6.2%), Vitamin K: 3.37µg (3.2%), Vitamin A: 151.98IU (3.04%), Vitamin D: 0.34µg (2.27%), Manganese: 0.04mg (2.03%), Calcium: 17.71mg (1.77%), Fiber: 0.27g (1.06%)