

Park & Sons



HEALTH SCORE

78%

## Cook the Book: Tenderloins in a Fresh Herb Crust



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1581 kcal

CRUST

### Ingredients

- ☐ 2 basil fresh
- ☐ 1.8 cups breadcrumbs white
- ☐ 11 ounces cherry tomatoes
- ☐ 2 chervil fresh
- ☐ 2 eggplant cut into large batons
- ☐ 6 tablespoons olive oil
- ☐ 3 small pork tenderloin

- ☐ 6 servings salt and pepper
- ☐ 1 shallots chopped
- ☐ 0.7 cup butter sweet
- ☐ 2 tarragon fresh
- ☐ 2 zucchini cut into large batons

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ aluminum foil
- ☐ broiler

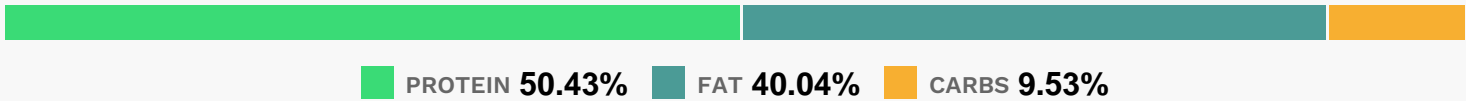
## Directions

- ☐ First make the herb crust. Beat the butter in a bowl until creamy, then beat in the bread crumbs, tarragon leaves, basil leaves, chervil leaves, and shallot. Season with salt and pepper.
- ☐ Spread out the mixture between two sheets of wax or parchment paper and chill in the refrigerator for at least 1 hour before using.
- ☐ Toss the eggplants, zucchini, and tomatoes in half the olive oil.
- ☐ Heat a ridged griddle pan, add the vegetables, and cook over low heat, turning occasionally, until tender but still firm.
- ☐ Meanwhile, heat the remaining oil in a skillet.
- ☐ Add the tenderloins and cook over high heat for about 2 minutes on each side, until browned, then lower the heat and cook, turning occasionally, for 7–8 minutes, until cooked through and tender. Preheat the broiler.
- ☐ Transfer the pork to the pan of vegetables.
- ☐ Place a strip of herb crust on top of each tenderloin and broil until the crust is lightly browned.
- ☐ Serve immediately.

☐

If necessary, wrap the handle of the griddle pan in foil before broiling to protect it from damage.

## Nutrition Facts



## Properties

Glycemic Index:44.17, Glycemic Load:1.8, Inflammation Score:-9, Nutrition Score:61.2439133188%

## Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 1580.86kcal (79.04%), Fat: 68.72g (105.73%), Saturated Fat: 26.11g (163.18%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 29.6g (10.77%), Sugar: 10.61g (11.79%), Cholesterol: 643.78mg (214.59%), Sodium: 1073.45mg (46.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 194.76g (389.51%), Vitamin B1: 9.32mg (621.66%), Selenium: 284.02µg (405.75%), Vitamin B6: 7.28mg (363.95%), Vitamin B3: 63.67mg (318.36%), Phosphorus: 2343.18mg (234.32%), Vitamin B2: 3.33mg (195.83%), Potassium: 4306.09mg (123.03%), Zinc: 18.03mg (120.18%), Vitamin B5: 8.43mg (84.35%), Vitamin B12: 4.87µg (81.16%), Magnesium: 299.31mg (74.83%), Iron: 11.62mg (64.55%), Copper: 1.09mg (54.64%), Manganese: 0.99mg (49.43%), Vitamin E: 5.45mg (36.35%), Vitamin C: 27.59mg (33.45%), Fiber: 7.21g (28.85%), Folate: 93.82µg (23.45%), Vitamin A: 1109.08IU (22.18%), Vitamin K: 22.47µg (21.4%), Vitamin D: 2.72µg (18.14%), Calcium: 158.35mg (15.83%)