



Easy and Elegant Pork Tenderloin

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups seasoned bread crumbs italian
- 0.5 cup olive oil
- 2 pounds pork tenderloin

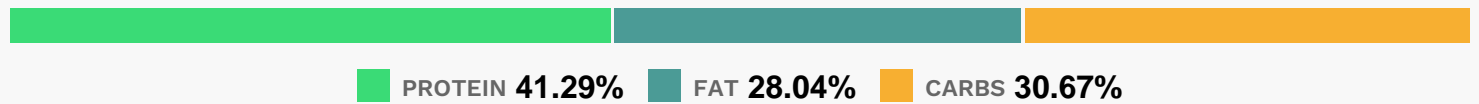
Equipment

- bowl
- oven
- kitchen thermometer

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Mix bread crumbs and olive oil in bowl to reach consistency that would be moist enough to stick to the meat when pressed.
- Place pork on a shallow cooking sheet. Press the crumb mixture onto all sides of the meat until there is no pink showing, usually 1/4 inch thick.
- Bake for at least 35 minutes until a meat thermometer reads 165 degrees F (75 degrees C) or until there is no pink when the pork is cut.
- Let the pork rest for 10 minutes, then cut into 1/2 inch slices.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:25.465217367462%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 366.46kcal (18.32%), Fat: 11.13g (17.12%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 27.4g (9.13%), Net Carbohydrates: 25.44g (9.25%), Sugar: 2.3g (2.55%), Cholesterol: 98.68mg (32.89%), Sodium: 613.09mg (26.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.87g (73.75%), Vitamin B1: 1.87mg (124.61%), Selenium: 55.69µg (79.56%), Vitamin B3: 12.46mg (62.29%), Vitamin B6: 1.23mg (61.25%), Phosphorus: 438.21mg (43.82%), Vitamin B2: 0.68mg (39.74%), Zinc: 3.4mg (22.66%), Manganese: 0.41mg (20.74%), Potassium: 686.64mg (19.62%), Vitamin K: 20.57µg (19.59%), Iron: 3.45mg (19.19%), Vitamin B12: 0.93µg (15.44%), Vitamin B5: 1.51mg (15.15%), Magnesium: 59.22mg (14.81%), Folate: 47.6µg (11.9%), Copper: 0.23mg (11.61%), Calcium: 81.91mg (8.19%), Fiber: 1.96g (7.84%), Vitamin E: 0.95mg (6.37%), Vitamin D: 0.45µg (3.02%), Vitamin A: 80.22IU (1.6%), Vitamin C: 1.08mg (1.31%)