



Easy Creamy Pork Tenderloin

 **Gluten Free**  **Dairy Free**



READY IN

ready

490 min.

SERVINGS

servings

6

CALORIES

calories

209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 21.5 ounce campbell's® condensed cream of celery soup canned
- ☐ 6 servings ground pepper black to taste
- ☐ 1.5 pounds pork tenderloin

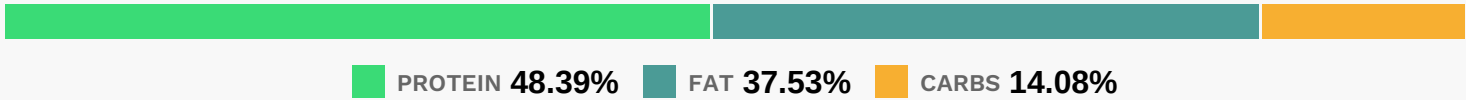
Equipment

- ☐ slow cooker

Directions

- ☐
- Season pork tenderloin with pepper, and place in slow cooker.
- ☐
- Pour undiluted celery soup onto tenderloin, covering meat completely.
- ☐
- Cover, and cook on Low for 8 hours.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:17.79260903856%

Nutrients (% of daily need)

Calories: 209.47kcal (10.47%), Fat: 8.54g (13.13%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 6.57g (2.39%), Sugar: 1.37g (1.52%), Cholesterol: 84.88mg (28.29%), Sodium: 583.17mg (25.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.54%), Vitamin B1: 1.14mg (75.8%), Selenium: 36.19µg (51.7%), Vitamin B6: 0.88mg (43.9%), Vitamin B3: 7.77mg (38.83%), Phosphorus: 306.19mg (30.62%), Vitamin B2: 0.42mg (24.82%), Vitamin B5: 1.89mg (18.85%), Vitamin K: 17.64µg (16.8%), Potassium: 546.54mg (15.62%), Zinc: 2.24mg (14.96%), Manganese: 0.23mg (11.59%), Vitamin E: 1.66mg (11.08%), Copper: 0.22mg (10.85%), Vitamin B12: 0.63µg (10.51%), Iron: 1.62mg (8.99%), Magnesium: 35.87mg (8.97%), Vitamin A: 289.29IU (5.79%), Calcium: 39.75mg (3.98%), Fiber: 0.63g (2.54%), Vitamin D: 0.34µg (2.27%)