



Easy Pork Tenderloin Tips

 Dairy Free

READY IN

ready

485 min.

SERVINGS

servings

10

CALORIES

calories

322 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2 ounce onion soup mix dry
- ☐ 5 pounds pork tenderloin tips
- ☐ 6 fluid ounces white wine

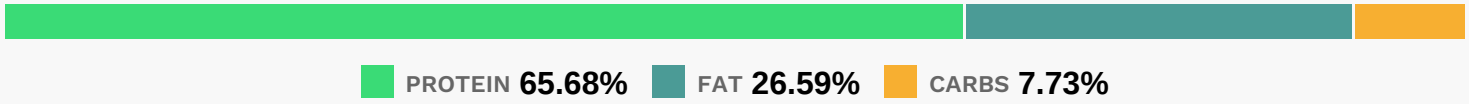
Equipment

- ☐ slow cooker

Directions

- ☐ Stir mushroom soup, onion soup mix, and white wine together in a slow cooker; add pork tenderloin tips and stir to coat, making sure to separate the pieces of meat.
- ☐ Cook on Low overnight to 8 hours.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:27.691738628175%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 321.91kcal (16.1%), Fat: 8.76g (13.47%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 5.3g (1.93%), Sugar: 0.43g (0.48%), Cholesterol: 148.94mg (49.65%), Sodium: 790.24mg (34.36%), Alcohol: 1.83g (100%), Alcohol %: 0.83% (100%), Protein: 48.67g (97.34%), Vitamin B1: 2.25mg (150%), Selenium: 69.02µg (98.6%), Vitamin B6: 1.79mg (89.45%), Vitamin B3: 15.37mg (76.84%), Phosphorus: 575.11mg (57.51%), Vitamin B2: 0.8mg (47.11%), Zinc: 4.66mg (31.07%), Potassium: 983.19mg (28.09%), Vitamin B12: 1.23µg (20.47%), Vitamin B5: 2.01mg (20.13%), Magnesium: 68.54mg (17.14%), Copper: 0.28mg (14.18%), Iron: 2.53mg (14.07%), Manganese: 0.18mg (9.08%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.51mg (3.38%), Calcium: 24.53mg (2.45%), Fiber: 0.44g (1.74%)