



Easy Roasted Pork Tenderloin

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

READY IN



40 min.

SERVINGS



3

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 0.3 teaspoon thyme dried
- 8 ounces figs fresh halved lengthwise (6 medium)
- 1 teaspoon kosher salt as needed plus more
- 0.5 teaspoon oregano dried
- 1 medium pears firm cored ripe halved sliced
- 1 pound pork tenderloin
- 2 tablespoons vegetable oil

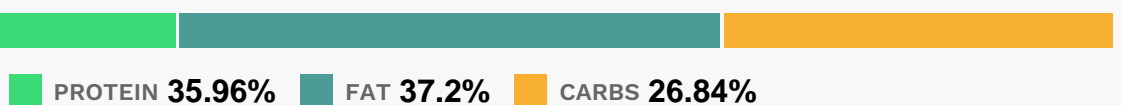
Equipment

- bowl
- frying pan
- paper towels
- oven
- kitchen thermometer
- cutting board

Directions

- Heat the oven to 450°F and arrange a rack in the middle.
- Place the measured salt, oregano, measured pepper, and thyme in a small bowl and mix to combine; set aside. Trim the tenderloin of any silver skin and pat it dry with paper towels. Using your hands, rub the tenderloin all over with 1 tablespoon of the oil, sprinkle it with all of the spice mixture, and rub until it's evenly coated.
- Heat the remaining tablespoon of oil in a large cast iron skillet or heavy-bottomed oven-safe frying pan over medium-high heat until shimmering.
- Add the pork and cook, turning occasionally, until evenly browned all over, about 8 to 12 minutes total. Turn off the heat. Scatter the figs and pears in an even layer around the pork and season the fruit with salt and pepper.
- Place the skillet in the oven and cook until the pork is deeply browned and an instant-read thermometer inserted into the thickest part registers 145°F to 150°F, about 12 to 15 minutes.
- Remove the pan from the oven, transfer the pork to a clean cutting board, and allow it to rest for at least 5 minutes.
- Transfer the figs and pears to a serving bowl. To serve, cut the pork into 1/2-inch-thick slices, passing the figs and pears on the side.

Nutrition Facts



Properties

Glycemic Index:44.92, Glycemic Load:10.18, Inflammation Score:-6, Nutrition Score:23.599130464637%

Flavonoids

Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.61mg, Epicatechin: 2.61mg, Epicatechin: 2.61mg, Epicatechin: 2.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 352.88kcal (17.64%), Fat: 14.74g (22.68%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 19.68g (7.16%), Sugar: 18.12g (20.14%), Cholesterol: 98.28mg (32.76%), Sodium: 855.29mg (37.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.06g (64.12%), Vitamin B1: 1.54mg (102.56%), Selenium: 46.05µg (65.79%), Vitamin B6: 1.26mg (63.19%), Vitamin B3: 10.41mg (52.07%), Phosphorus: 386.04mg (38.6%), Vitamin B2: 0.57mg (33.24%), Vitamin K: 26.61µg (25.34%), Potassium: 845.67mg (24.16%), Zinc: 3.02mg (20.12%), Fiber: 4.25g (16.99%), Vitamin B5: 1.53mg (15.27%), Magnesium: 59.22mg (14.8%), Vitamin B12: 0.79µg (13.1%), Copper: 0.24mg (12.09%), Iron: 2.1mg (11.69%), Manganese: 0.19mg (9.64%), Vitamin E: 1.3mg (8.65%), Vitamin C: 4.11mg (4.99%), Calcium: 48.99mg (4.9%), Vitamin D: 0.45µg (3.02%), Vitamin A: 134.96IU (2.7%), Folate: 9.74µg (2.43%)