



Fancy Sammich

 Dairy Free

READY IN



190 min.

SERVINGS



6

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 juice of lemon juiced
- 1.5 pounds pork tenderloin
- 17.5 ounce puff pastry frozen thawed
- 6 servings salt and pepper to taste
- 0.1 cup soya sauce
- 0.3 cup worcestershire sauce

Equipment

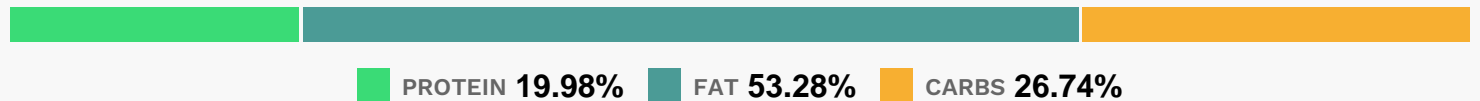
- bowl

- oven
- baking pan

Directions

- In a medium nonporous bowl, combine the soy sauce, Worcestershire sauce and lemon juice and mix well.
- Place the pork in the bowl, turning to coat well on all sides. Cover and refrigerate for at least two hours, allowing the pork to marinate.
- Preheat oven to 375 degrees F (190 degrees C).
- Place tenderloin in a 9x13 inch baking dish.
- Bake, uncovered, at 375 degrees F (190 degrees C) for 20 to 30 minutes, or until internal pork temperature reaches 140 degrees F (60 degrees C).
- Remove pork from oven.
- Drain the liquid from the baking dish and reserve for later as a gravy, if desired.
- Roll out the two puff pastry sheets and wrap each piece of tenderloin in the dough, sealing the edges to completely enclose the meat. Return this to the baking dish.
- Bake at 375 degrees F (190 degrees C) for 20 minutes, or until the pastry is golden brown.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:20.22, Inflammation Score:-4, Nutrition Score:22.511304337045%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 604.5kcal (30.23%), Fat: 35.52g (54.65%), Saturated Fat: 9.32g (58.22%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 38.81g (14.11%), Sugar: 1.97g (2.18%), Cholesterol: 73.71mg (24.57%), Sodium: 877.64mg (38.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.96%), Vitamin B1: 1.45mg (96.98%), Selenium: 54.47µg (77.82%), Vitamin B3: 11.22mg (56.09%), Vitamin B6: 0.9mg (44.84%), Vitamin B2: 0.64mg

(37.6%), Phosphorus: 338.73mg (33.87%), Manganese: 0.44mg (22.23%), Iron: 3.94mg (21.92%), Zinc: 2.6mg (17.36%), Potassium: 603.2mg (17.23%), Folate: 67.28µg (16.82%), Vitamin K: 13.43µg (12.79%), Magnesium: 47.58mg (11.89%), Copper: 0.23mg (11.28%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.97mg (9.74%), Fiber: 1.29g (5.18%), Vitamin E: 0.71mg (4.75%), Vitamin C: 3.42mg (4.15%), Calcium: 28.72mg (2.87%), Vitamin D: 0.34µg (2.27%)