



Fennel-Crusted Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 tablespoon coriander seeds
- ☐ 6 tablespoons less-sodium chicken broth fat-free divided
- ☐ 2 tablespoons fennel seeds
- ☐ 1 pound pork tenderloin trimmed
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt

☐ 1 tablespoon worcestershire sauce

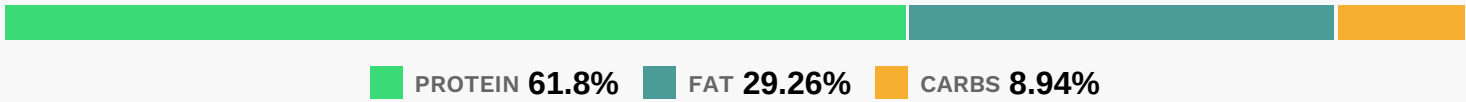
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Place fennel and coriander in a spice or coffee grinder; process until coarsely ground.
- ☐ Place spice mixture in a blender or food processor.
- ☐ Add 2 tablespoons broth, Worcestershire sauce, garlic, salt, and pepper; process until well-blended.
- ☐ Slice the pork tenderloin horizontally into 2 equal pieces. Slice each piece of pork lengthwise, cutting to, but not through, other side; open flat. Rub spice mixture over pork.
- ☐ Heat olive oil in a large nonstick skillet over medium heat.
- ☐ Add pork; cook 5 minutes on each side or until done.
- ☐ Remove pork from pan; keep warm.
- ☐ Add 1/4 cup broth to pan, and cook until liquid almost evaporates, scraping the pan to loosen browned bits.
- ☐ Pour over pork.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:16.878695708254%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 161.54kcal (8.08%), Fat: 5.18g (7.96%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 1.8g (0.65%), Sugar: 0.47g (0.52%), Cholesterol: 73.71mg (24.57%), Sodium: 354.75mg (15.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.18%), Vitamin B1: 1.15mg (76.94%), Selenium: 35.94µg (51.35%), Vitamin B6: 0.91mg (45.7%), Vitamin B3: 7.95mg (39.75%), Phosphorus: 306.82mg (30.68%), Vitamin B2: 0.41mg (24.34%), Potassium: 565.66mg (16.16%), Zinc: 2.34mg (15.61%), Manganese: 0.27mg (13.42%), Iron: 2.17mg (12.04%), Magnesium: 47.49mg (11.87%), Vitamin B12: 0.62µg (10.38%), Vitamin B5: 0.99mg (9.94%), Copper: 0.16mg (8.18%), Fiber: 1.76g (7.04%), Calcium: 58.5mg (5.85%), Vitamin E: 0.54mg (3.62%), Vitamin C: 1.84mg (2.22%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.37µg (1.3%)