



Garlic Pork Tenderloin with Barbecue Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bull's-eye original barbecue sauce
- 1 Tbsp seasons garlic & herb dressing mix good
- 0.5 tsp paprika dried
- 1 lb pork tenderloin

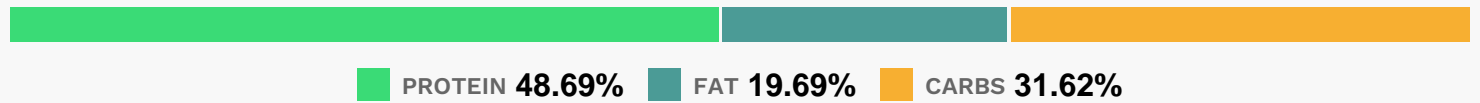
Equipment

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 425F.
- Place meat in shallow foil-lined pan.
- Mix dressing mix and dry seasonings until blended; rub onto meat.
- Bake 15 to 20 min. or until meat is done (145F).
- Remove meat from oven; let stand 3 min. before slicing and serving with the barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:16.130000101483%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 200.98kcal (10.05%), Fat: 4.28g (6.59%), Saturated Fat: 1.38g (8.59%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 14.6g (5.31%), Sugar: 11.92g (13.24%), Cholesterol: 73.71mg (24.57%), Sodium: 427.51mg (18.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.83g (47.66%), Vitamin B1: 1.12mg (74.94%), Selenium: 34.88µg (49.83%), Vitamin B6: 0.91mg (45.39%), Vitamin B3: 7.77mg (38.84%), Phosphorus: 284.66mg (28.47%), Vitamin B2: 0.41mg (24.07%), Potassium: 544.95mg (15.57%), Zinc: 2.22mg (14.78%), Vitamin B5: 1.02mg (10.2%), Iron: 1.81mg (10.03%), Vitamin B12: 0.59µg (9.83%), Magnesium: 38.8mg (9.7%), Vitamin K: 8.41µg (8.01%), Copper: 0.14mg (6.76%), Manganese: 0.13mg (6.25%), Vitamin E: 0.76mg (5.09%), Calcium: 38.97mg (3.9%), Fiber: 0.87g (3.47%), Vitamin D: 0.34µg (2.27%), Vitamin A: 108.36IU (2.17%)