



Garlic Pork Tenderloin with Mushroom Gravy

READY IN



70 min.

SERVINGS



6

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.8 ounce brown gravy mix dry
- ☐ 0.8 cup butter
- ☐ 16 ounce mushrooms drained sliced canned
- ☐ 6 servings rice hot cooked
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 pound mushrooms fresh sliced
- ☐ 6 cloves garlic minced
- ☐ 1 garlic clove minced

- ☐ 6 servings ground pepper black to taste
- ☐ 6 servings kosher salt to taste
- ☐ 1 medium onion separated sliced
- ☐ 0.8 pound pork tenderloin cut into 1/2 inch slices
- ☐ 2 pound pork tenderloins
- ☐ 2 tablespoons red wine vinegar
- ☐ 3 tablespoons soya sauce
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup water

Equipment

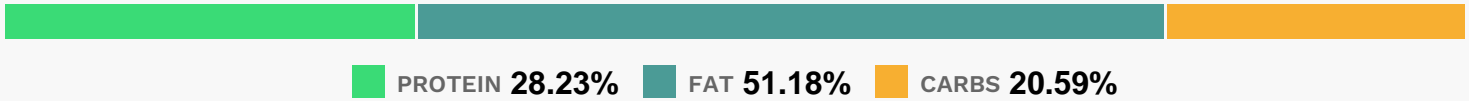
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ measuring cup
- ☐ gravy boat

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Rub salt and pepper over all sides of pork tenderloins; nestle tenderloins next to each other in a 9x13-inch baking dish.
- ☐ Melt butter in a saucepan over medium heat; add garlic and mushrooms. Bring to a boil, reduce heat to medium-low, and simmer, stirring frequently, until sauce is fragrant, about 5 minutes. Stir vinegar into mushroom sauce.
- ☐ Pour mushroom sauce over tenderloins, letting sauce seep between the two tenderloins.
- ☐ Bake in the preheated oven until tenderloins are lightly pink in the center, about 45 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).

- ☐ Transfer tenderloins to a serving dish.
- ☐ Drain the drippings, including mushrooms, from the baking dish into a measuring cup, scraping the bottom to get all the brown bits.
- ☐ Remove 1/4 cup of the fat from the mixture and pour into a saucepan.
- ☐ Add enough chicken broth to the drippings to make 2 cups; whisk flour into drippings until incorporated. Stir broth–drippings mixture into the saucepan with fat over medium heat until thickened, about 5 minutes; season with salt and pepper.
- ☐ Slice tenderloins into medallions and top with half the gravy.
- ☐ Pour the remaining gravy into a gravy boat for serving.

Nutrition Facts



Properties

Glycemic Index:83.33, Glycemic Load:28.53, Inflammation Score:-7, Nutrition Score:35.018695468488%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 708.82kcal (35.44%), Fat: 40.16g (61.79%), Saturated Fat: 18.56g (115.97%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 33.23g (12.08%), Sugar: 4.87g (5.41%), Cholesterol: 196.14mg (65.38%), Sodium: 1335.15mg (58.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.84g (99.67%), Vitamin B1: 2.22mg (147.69%), Selenium: 78.25µg (111.78%), Vitamin B6: 1.84mg (91.81%), Vitamin B3: 17.35mg (86.74%), Phosphorus: 658.05mg (65.8%), Vitamin B2: 0.94mg (55.1%), Zinc: 5.2mg (34.65%), Vitamin B5: 3.36mg (33.6%), Manganese: 0.67mg (33.55%), Potassium: 1145mg (32.71%), Copper: 0.58mg (29.07%), Magnesium: 89.71mg (22.43%), Iron: 3.59mg (19.95%), Vitamin B12: 1.14µg (19.07%), Vitamin K: 19µg (18.1%), Vitamin A: 714.48IU (14.29%), Vitamin E: 1.91mg (12.75%), Fiber: 3.13g (12.53%), Folate: 33.48µg (8.37%), Vitamin D: 0.85µg (5.67%), Calcium: 53.08mg (5.31%), Vitamin C: 3.24mg (3.93%)