



Gorgonzola Topped Pork Tenderloin

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons bottled garlic minced
- ☐ 0.3 cup cooking wine dry red
- ☐ 2 tablespoons gorgonzola blue crumbled
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vegetable oil

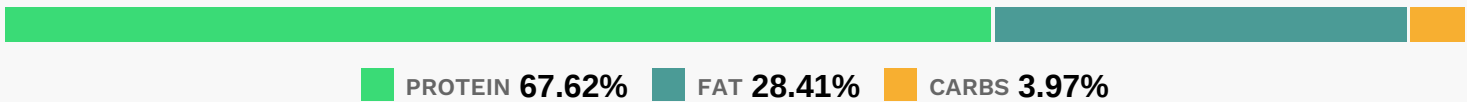
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place the pork between 2 sheets of heavy-duty plastic wrap; pound to 1-inch thickness using a meat mallet or rolling pin.
- ☐ Heat oil in a large skillet coated with cooking spray over medium-high heat.
- ☐ Combine garlic, pepper, and salt; rub over both sides of pork.
- ☐ Add pork to pan, and cook 5 minutes on each side or until done.
- ☐ Remove the pork from pan, and keep warm.
- ☐ Add broth and wine to skillet, scraping pan to loosen browned bits. Increase heat to high, and cook until reduced to 1/3 cup (about 6 minutes). Spoon sauce over pork; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:15.441304521716%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 164.81kcal (8.24%), Fat: 4.68g (7.2%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.04g (0.05%), Cholesterol: 76.33mg (25.44%), Sodium: 357.77mg (15.56%), Alcohol: 1.58g (100%), Alcohol %: 1.2% (100%), Protein: 25.04g (50.09%), Vitamin B1: 1.14mg (75.91%), Selenium: 36.01µg (51.45%), Vitamin B6: 0.92mg (46.08%), Vitamin B3: 7.87mg (39.35%), Phosphorus: 301.76mg (30.18%), Vitamin B2: 0.41mg (24.16%), Zinc: 2.27mg (15.12%), Potassium: 491mg (14.03%), Vitamin B12: 0.64µg (10.7%), Vitamin B5: 1.04mg (10.44%), Magnesium: 33.08mg (8.27%), Iron: 1.24mg (6.9%), Copper: 0.11mg (5.72%), Manganese: 0.09mg (4.72%), Calcium: 31.67mg (3.17%), Vitamin K: 2.6µg (2.48%), Vitamin E: 0.35mg (2.37%), Vitamin D: 0.24µg (1.63%)