

Complete Book of Pork

A Guide to Buying, Storing, and Cooking the World's Favorite Meat

Green Olive-Stuffed Pork Tenderloin



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.7 cup olive green french
- ☐ 1.5 pounds pork tenderloin

Equipment

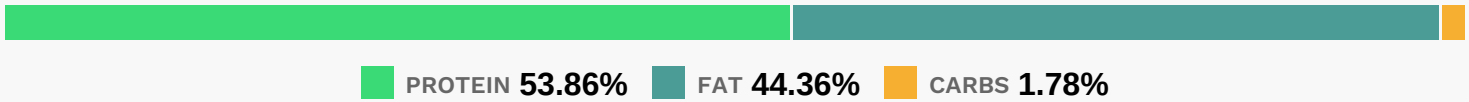
- ☐ frying pan

- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 450°F
- ☐ Lay the tenderloins parallel to each other with the thin end of one next to the thick end of the other (so that you end up with a roast that is even thick from end to end).
- ☐ Sprinkle the tenderloins all over with the thyme, salt, and pepper.
- ☐ Heat a heavy oven-proof skillet over medium-high heat and add the olive oil.
- ☐ Place the tenderloins in the pan and brown on all sides for about 3 to 5 minutes.
- ☐ Put the pan into the oven and roast. After 15 minutes, begin checking the internal temperature with an instant-read thermometer, checking every five minutes, until the pork registers 140° to 145°F. When done, remove the tenderloins from the skillet to a platter, cover loosely with foil, and set aside to rest for 10 minutes.
- ☐ Remove the twine from the roast, cut the tenderloins into 1-inch-thick slices, and serve.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.06, Inflammation Score:-8, Nutrition Score:22.000434627999%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg

Nutrients (% of daily need)

Calories: 268.94kcal (13.45%), Fat: 12.97g (19.95%), Saturated Fat: 2.95g (18.47%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 0.26g (0.1%), Sugar: 0.12g (0.14%), Cholesterol: 110.56mg (36.85%), Sodium: 633.42mg (27.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.42g (70.85%), Vitamin B1: 1.68mg (111.71%), Selenium: 51.75µg (73.92%), Vitamin B6: 1.31mg (65.6%), Vitamin B3: 11.32mg (56.58%), Phosphorus: 415.45mg (41.55%), Vitamin B2: 0.58mg (34.1%), Zinc: 3.21mg (21.4%), Potassium: 685.43mg (19.58%), Vitamin B12: 0.88µg

(14.74%), Vitamin B5: 1.43mg (14.34%), Magnesium: 50.18mg (12.54%), Vitamin E: 1.74mg (11.58%), Iron: 1.97mg (10.92%), Copper: 0.19mg (9.27%), Fiber: 0.91g (3.63%), Vitamin D: 0.51µg (3.4%), Vitamin A: 139.88IU (2.8%), Manganese: 0.05mg (2.71%), Calcium: 26.55mg (2.66%), Vitamin K: 2.59µg (2.46%), Vitamin C: 1.6mg (1.94%)