



Herb-Coated Pork Tenderloin with Creamy Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 0.5 cup cooking wine dry white
- 1 tablespoon olive oil extravirgin
- 1 tablespoon marjoram fresh chopped
- 1 tablespoon rosemary fresh chopped
- 1 tablespoon thyme leaves fresh chopped

- 2 garlic cloves minced
- 4 garlic cloves minced
- 2 pound pork tenderloins trimmed
- 0.5 cup onion finely chopped
- 1 tablespoon oregano fresh chopped
- 1 cup polenta dry
- 0.5 teaspoon salt
- 1 teaspoon salt
- 5 cups water divided

Equipment

- frying pan
- sauce pan
- oven
- whisk
- kitchen thermometer
- ziploc bags
- broiler pan

Directions

- To prepare pork, combine first 9 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator overnight or up to 2 days.
- Preheat oven to 40
- Remove pork from bag.
- Place pork on a broiler pan coated with cooking spray.
- Bake at 400 for 30 minutes or until a thermometer registers 15
- Remove from oven; cover and let stand 10 minutes before slicing.
- To prepare polenta, heat a medium saucepan over medium-high heat. Coat pan with cooking spray.

- Add onion and 2 garlic cloves; saut 2 minutes.
- Add wine; cook 5 minutes or until liquid almost evaporates.
- Add 2 1/2 cups water; reduce heat, and simmer 5 minutes. Gradually add polenta, stirring constantly with a whisk. Cook over medium heat 15 minutes or until thick and creamy, stirring frequently and gradually adding remaining 2 1/2 cups water. Stir in butter, 1 teaspoon salt, and 1/4 teaspoon pepper.
- Serve with pork.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:17.229999837668%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 248.12kcal (12.41%), Fat: 5.95g (9.15%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 17.66g (6.42%), Sugar: 0.75g (0.83%), Cholesterol: 77.47mg (25.82%), Sodium: 516.99mg (22.48%), Alcohol: 1.54g (100%), Alcohol %: 0.62% (100%), Protein: 25.91g (51.82%), Vitamin B1: 1.17mg (77.96%), Selenium: 38.74µg (55.34%), Vitamin B6: 0.97mg (48.43%), Vitamin B3: 7.91mg (39.57%), Phosphorus: 306.33mg (30.63%), Vitamin B2: 0.41mg (24.23%), Zinc: 2.34mg (15.61%), Potassium: 531.58mg (15.19%), Magnesium: 44.12mg (11.03%), Vitamin B5: 1.1mg (11.03%), Iron: 1.84mg (10.25%), Vitamin B12: 0.58µg (9.69%), Vitamin K: 9.46µg (9.01%), Manganese: 0.16mg (8.21%), Copper: 0.16mg (8.15%), Vitamin E: 0.66mg (4.42%), Vitamin C: 3.24mg (3.93%), Fiber: 0.98g (3.93%), Calcium: 33.87mg (3.39%), Vitamin A: 167.58IU (3.35%), Vitamin D: 0.23µg (1.51%), Folate: 5.7µg (1.43%)