



## Herb Crusted Pork Tenderloin



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 pound pork loin boneless with fat left on
- ☐ 1 teaspoon basil dried fresh
- ☐ 1 teaspoon rosemary dried fresh minced
- ☐ 1 teaspoon thyme leaves dried fresh minced
- ☐ 4 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon salt

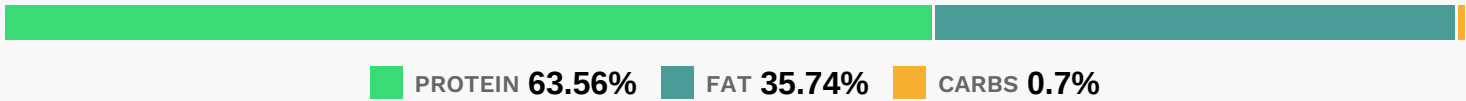
## Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

## Directions

- ☐ Preheat oven to 475 degrees F.
- ☐ Place the pork loin on a rack in a roasting pan.
- ☐ Combine the remaining ingredients in a small bowl. With your fingers, massage the mixture onto the pork loin, covering all of the meat and fat.
- ☐ Roast the pork for 30 minutes, then reduce the heat to 425 degrees F and roast for an additional hour. Test for doneness using an instant-read thermometer. When the internal temperature reaches 155 degrees F, remove the roast from the oven. Allow it to sit for about 20 minutes before carving. It will continue to cook while it rests.

## Nutrition Facts



## Properties

Glycemic Index:24.17, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:28.705217233009%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 443.76kcal (22.19%), Fat: 16.96g (26.09%), Saturated Fat: 4.42g (27.64%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.02g (0.02%), Cholesterol: 190.51mg (63.5%), Sodium: 1311.38mg (57.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.85g (135.71%), Selenium: 84.05µg (120.07%), Vitamin B6: 2.31mg (115.46%), Vitamin B1: 1.34mg (89.59%), Vitamin B3: 17.39mg (86.96%), Phosphorus: 683.82mg (68.38%), Zinc: 5.48mg (36.5%), Vitamin B2: 0.57mg (33.49%), Potassium: 1141.45mg (32.61%), Vitamin B12: 1.54µg (25.7%), Vitamin B5: 2.27mg (22.66%), Magnesium: 79.71mg (19.93%), Iron: 1.76mg (9.79%), Copper: 0.18mg (9.21%), Vitamin D: 1.21µg (8.06%), Vitamin E: 1.07mg (7.11%), Manganese: 0.06mg (3.18%), Vitamin K: 2.91µg (2.77%),

Calcium: 20.94mg (2.09%), Vitamin C: 1.16mg (1.41%)