



Herb-Crusted Pork Tenderloin

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb pork tenderloin
- 1 cup breadcrumbs soft ()
- 0.3 cup parsley fresh chopped
- 2 tablespoons thyme leaves dried fresh chopped
- 1 tablespoon vegetable oil
- 0.5 teaspoon salt
- 0.5 teaspoon fennel seeds
- 0.3 teaspoon pepper

2 cloves garlic finely chopped

Equipment

bowl

frying pan

oven

roasting pan

kitchen thermometer

aluminum foil

Directions

Heat oven to 450°F. Spray shallow roasting pan and rack with cooking spray.

Place pork tenderloins on rack in pan.

In small bowl, mix remaining ingredients. Spoon herb mixture evenly over pork. Insert ovenproof meat thermometer so tip is in the thickest part of pork. Cover pork loosely with foil.

Bake 20 minutes; remove foil.

Bake uncovered 10 to 15 minutes longer or until thermometer reads 155°F. Cover pork loosely with foil and let stand 10 to 15 minutes or until thermometer reads 160°F. (Temperature will continue to rise about 5°F, and pork will be easier to carve.)

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.24, Inflammation Score:-9, Nutrition Score:20.550434547922%

Flavonoids

Apigenin: 5.44mg, Apigenin: 5.44mg, Apigenin: 5.44mg, Apigenin: 5.44mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 232.75kcal (11.64%), Fat: 7.32g (11.25%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 12.83g (4.67%), Sugar: 1.15g (1.28%), Cholesterol: 73.71mg (24.57%), Sodium: 386.46mg (16.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.24%), Vitamin B1: 1.29mg (86.24%), Selenium: 39.04µg (55.78%), Vitamin B6: 0.91mg (45.65%), Vitamin K: 46.51µg (44.3%), Vitamin B3: 8.78mg (43.92%), Phosphorus: 311.65mg (31.17%), Vitamin B2: 0.47mg (27.65%), Zinc: 2.47mg (16.47%), Potassium: 516.98mg (14.77%), Iron: 2.59mg (14.39%), Manganese: 0.26mg (13.21%), Magnesium: 44.38mg (11.09%), Vitamin B12: 0.65µg (10.88%), Vitamin B5: 1.08mg (10.75%), Vitamin C: 7.41mg (8.98%), Copper: 0.17mg (8.48%), Vitamin A: 324.5IU (6.49%), Folate: 24.15µg (6.04%), Calcium: 56.94mg (5.69%), Fiber: 1.33g (5.31%), Vitamin E: 0.47mg (3.13%), Vitamin D: 0.34µg (2.27%)