



Herb-Crusted Pork Tenderloin

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs soft ()
- 0.5 teaspoon fennel seeds
- 0.3 cup parsley fresh chopped
- 2 cloves garlic finely chopped
- 0.3 teaspoon pepper
- 1.5 lb pork tenderloin
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil

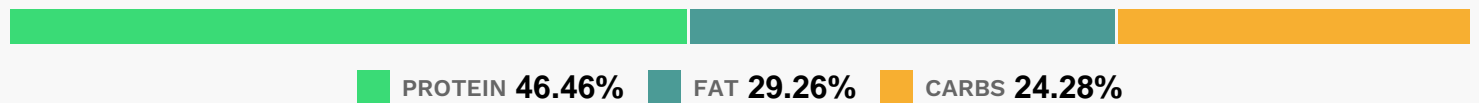
Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 450F. 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 155F. Cover pork loosely with foil and let stand 10 to 15 minutes or until thermometer reads 160F. (Temperature will continue to rise about 5F, and pork will be easier to carve.)

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:19.789565065633%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 230.39kcal (11.52%), Fat: 7.28g (11.19%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 12.59g (4.58%), Sugar: 1.15g (1.28%), Cholesterol: 73.71mg (24.57%), Sodium: 386.25mg (16.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.99g (51.99%), Vitamin B1: 1.29mg (86.17%), Selenium: 39.04µg (55.78%), Vitamin B6: 0.9mg (45.25%), Vitamin K: 46.51µg (44.3%), Vitamin B3: 8.74mg (43.7%), Phosphorus: 309.18mg (30.92%), Vitamin B2: 0.46mg (27%), Zinc: 2.43mg (16.18%), Potassium: 502.77mg (14.36%), Iron: 2.18mg (12.12%), Manganese: 0.22mg (11.2%), Vitamin B12: 0.65µg (10.88%), Vitamin B5: 1.07mg (10.66%), Magnesium: 40.65mg (10.16%), Copper: 0.16mg (7.83%), Folate: 23.1µg (5.78%), Calcium: 47.49mg (4.75%), Vitamin C: 3.67mg (4.45%), Vitamin A: 213.64IU (4.27%), Fiber: 1g (4%), Vitamin E: 0.47mg (3.13%), Vitamin D: 0.34µg (2.27%)