



Herb-Crusted Pork Tenderloin

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups arugula trimmed
- ☐ 3 cups baby spinach
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons butter divided
- ☐ 1.3 cups cremini mushrooms sliced
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1.3 teaspoons thyme leaves fresh divided chopped

- ☐ 1 garlic head whole
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.8 teaspoon salt divided
- ☐ 0.3 pound shallots quartered
- ☐ 2 cups sweet potatoes and into cubed peeled ()

Equipment

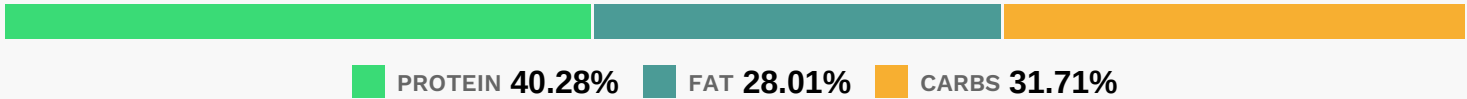
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap garlic head and each shallot separately in foil.
- ☐ Bake at 350 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Place 1 tablespoon butter in a microwave-safe bowl. Microwave at HIGH 15 seconds or until melted. Rub butter over pork; sprinkle with 1 teaspoon thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Heat a large ovenproof nonstick skillet over medium-high heat.
- ☐ Add pork; cook 5 minutes, browning on all sides.
- ☐ Place pan in oven; bake at 350 for 20 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Remove pork from pan; cover with foil.
- ☐ Let stand 10 minutes.
- ☐ While pork stands, melt remaining 1 tablespoon butter in pan over medium-high heat.

- ☐
- Add shallots and garlic; saut 2 minutes. Stir in potato; saut 2 minutes. Stir in mushrooms, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper; saut 2 minutes. Stir in broth and wine; bring to a boil. Cover, reduce heat, and simmer 6 minutes or until the potatoes are tender. Stir in spinach, arugula, and remaining 1/4 teaspoon thyme; cook 1 minute or until greens are lightly wilted. Slice pork crosswise into 12 pieces.
- ☐
- Serve pork over potato mixture.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:8.17, Inflammation Score:-10, Nutrition Score:33.476086870484%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 6.68mg, Kaempferol: 6.68mg, Kaempferol: 6.68mg, Kaempferol: 6.68mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 285.18kcal (14.26%), Fat: 8.48g (13.04%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 17.66g (6.42%), Sugar: 6.05g (6.72%), Cholesterol: 88.76mg (29.59%), Sodium: 721.58mg (31.37%), Alcohol: 2.06g (100%), Alcohol %: 0.8% (100%), Protein: 27.44g (54.88%), Vitamin A: 12107.32IU (242.15%), Vitamin K: 127.44µg (121.37%), Vitamin B1: 1.25mg (83.43%), Vitamin B6: 1.22mg (61.19%), Selenium: 42.62µg (60.89%), Vitamin B3: 9.27mg (46.36%), Phosphorus: 384.79mg (38.48%), Vitamin B2: 0.62mg (36.19%), Manganese: 0.64mg (31.8%), Potassium: 1087.57mg (31.07%), Magnesium: 84.1mg (21.02%), Vitamin B5: 2.05mg (20.53%), Folate: 81.82µg (20.45%), Copper: 0.4mg (19.81%), Zinc: 2.95mg (19.69%), Iron: 3.02mg (16.78%), Vitamin C: 13.67mg (16.57%), Fiber: 3.94g (15.75%), Vitamin B12: 0.67µg (11.16%), Calcium: 96.32mg (9.63%), Vitamin E: 1.12mg (7.49%), Vitamin D: 0.25µg (1.66%)