



Herb Crusted Pork Tenderloin

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



380 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

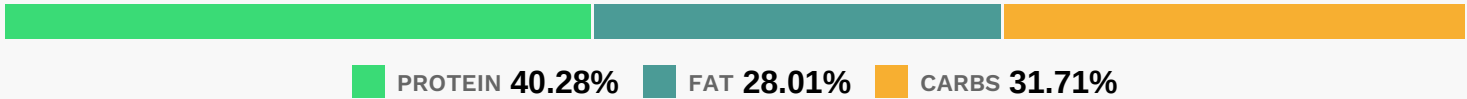
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave

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:108, Glycemic Load:10.9, Inflammation Score:-10, Nutrition Score:41.249130321586%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 8.91mg, Kaempferol: 8.91mg, Kaempferol: 8.91mg, Kaempferol: 8.91mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 380.24kcal (19.01%), Fat: 11.31g (17.39%), Saturated Fat: 5.92g (37.03%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 23.55g (8.56%), Sugar: 8.06g (8.96%), Cholesterol: 118.35mg (39.45%), Sodium: 962.1mg (41.83%), Alcohol: 2.75g (100%), Alcohol %: 0.8% (100%), Protein: 36.58g (73.17%), Vitamin A: 16143.1IU (322.86%), Vitamin K: 169.92µg (161.83%), Vitamin B1: 1.67mg (111.25%), Vitamin B6: 1.63mg (81.59%), Selenium: 56.83µg (81.18%), Vitamin B3: 12.36mg (61.82%), Phosphorus: 513.05mg (51.31%), Vitamin B2: 0.82mg (48.26%), Manganese: 0.85mg (42.41%), Potassium: 1450.09mg (41.43%), Magnesium: 112.13mg (28.03%), Vitamin B5: 2.74mg (27.37%), Folate: 109.09µg (27.27%), Copper: 0.53mg (26.41%), Zinc: 3.94mg (26.25%), Iron: 4.03mg (22.38%), Vitamin C: 18.23mg (22.09%), Fiber: 5.25g (21.01%), Vitamin B12: 0.89µg (14.88%), Calcium: 128.42mg (12.84%), Vitamin E: 1.5mg (9.98%), Vitamin D: 0.33µg (2.22%)