



## Herb-Crusted Pork Tenderloin with Horseradish-Roasted New Potatoes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter melted
- 0.5 cup breadcrumbs dry fine
- 0.3 cup basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 3 tablespoons thyme leaves fresh chopped
- 2 tablespoons horseradish prepared
- 1 teaspoon kosher salt

- 2 pounds new potatoes
- 3 tablespoons olive oil
- 0.5 teaspoon pepper freshly ground
- 1 tablespoon pepper freshly ground
- 1.5 pounds pork tenderloins
- 0.5 teaspoon salt
- 6 servings garnish: herb sprigs fresh

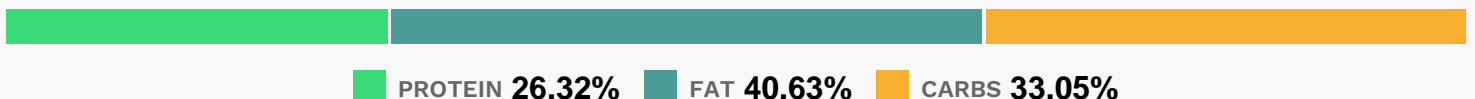
## Equipment

- bowl
- oven
- kitchen thermometer
- broiler pan

## Directions

- Peel a 1-inch strip around center of each potato.
- Place potatoes in a large bowl.
- Add butter and next 3 ingredients, tossing gently.
- Place potatoes on a lightly greased rack in a broiler pan.
- Bake at 425 for 20 minutes; remove from oven.
- Stir together breadcrumbs and next 5 ingredients. Moisten tenderloins with water; press crumb mixture over tenderloins, and place on rack with potatoes.
- Bake at 425 for 25 more minutes or until potatoes are tender and a meat thermometer inserted into thickest portion of tenderloins registers 16
- Sprinkle potatoes with parsley, and slice tenderloins.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:62.46, Glycemic Load:19.85, Inflammation Score:-10, Nutrition Score:27.897391049758%

## Flavonoids

Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## Nutrients (% of daily need)

Calories: 428.6kcal (21.43%), Fat: 19.4g (29.84%), Saturated Fat: 4.08g (25.48%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 30.62g (11.14%), Sugar: 2.16g (2.4%), Cholesterol: 73.71mg (24.57%), Sodium: 827.06mg (35.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.27g (56.54%), Vitamin B1: 1.33mg (88.53%), Vitamin B6: 1.35mg (67.56%), Selenium: 37.29µg (53.26%), Vitamin B3: 9.83mg (49.16%), Vitamin C: 40.27mg (48.81%), Phosphorus: 388.45mg (38.84%), Vitamin K: 37.06µg (35.29%), Potassium: 1170.53mg (33.44%), Vitamin B2: 0.5mg (29.24%), Manganese: 0.58mg (29.06%), Iron: 3.8mg (21.13%), Magnesium: 81.63mg (20.41%), Fiber: 4.89g (19.55%), Zinc: 2.85mg (19.02%), Copper: 0.34mg (16.91%), Vitamin B5: 1.5mg (15.02%), Vitamin A: 746.55IU (14.93%), Vitamin E: 1.61mg (10.71%), Vitamin B12: 0.63µg (10.51%), Folate: 41.92µg (10.48%), Calcium: 75.08mg (7.51%), Vitamin D: 0.34µg (2.27%)