



Herb-Crusted Pork Tenderloins



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



8

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 teaspoon ground coriander
- ☐ 2 tablespoons herbs de provence dried italian
- ☐ 2 lb pork tenderloins trimmed
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt

Equipment

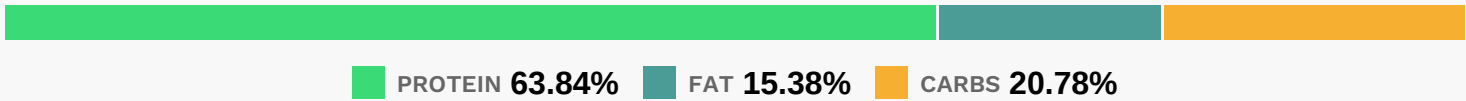
- ☐ oven

- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine first 5 ingredients. Rub mixture evenly into pork.
- ☐ Place pork in a large shallow dish or large zip-top plastic freezer bag. Cover or seal, and chill 2 to 4 hours.
- ☐ Place pork on a wire rack in a lightly greased shallow roasting pan.
- ☐ Bake at 450 for 10 minutes. Reduce heat to 350, and bake 20 to 30 minutes or until a meat thermometer inserted in thickest portion registers 15
- ☐ Remove from oven, and cover pork loosely with aluminum foil; let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:15.506521651602%

Nutrients (% of daily need)

Calories: 153.94kcal (7.7%), Fat: 2.56g (3.94%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 7.13g (2.59%), Sugar: 6.72g (7.47%), Cholesterol: 73.71mg (24.57%), Sodium: 353.12mg (15.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.92g (47.83%), Vitamin B1: 1.13mg (75.64%), Selenium: 35.13µg (50.19%), Vitamin B6: 0.9mg (44.86%), Vitamin B3: 7.65mg (38.26%), Phosphorus: 283.34mg (28.33%), Vitamin B2: 0.4mg (23.25%), Zinc: 2.19mg (14.61%), Potassium: 481.41mg (13.75%), Vitamin B5: 0.98mg (9.81%), Vitamin B12: 0.58µg (9.64%), Iron: 1.67mg (9.27%), Magnesium: 35.55mg (8.89%), Vitamin K: 7.87µg (7.5%), Copper: 0.12mg (5.83%), Manganese: 0.1mg (4.86%), Calcium: 33.57mg (3.36%), Vitamin E: 0.48mg (3.19%), Fiber: 0.65g (2.61%), Vitamin D: 0.23µg (1.51%)