



Herb-Marinated Pork Tenderloins

 **Gluten Free**  **Dairy Free**

READY IN

ready

215 min.

SERVINGS

servings

6

CALORIES

calories

411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 1.5 tablespoons rosemary leaves fresh minced
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 6 servings kosher salt
- ☐ 0.8 cup juice of lemon freshly squeezed 4 to 6 lemons
- ☐ 1 lemon zest grated

- ☐ 6 servings olive oil good
- ☐ 3 pound pork tenderloins

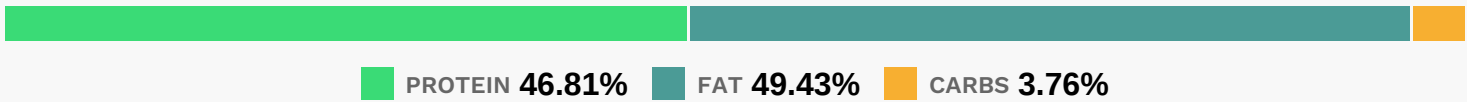
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the lemon zest, lemon juice, 1/2 cup olive oil, garlic, rosemary, thyme, mustard, and 2 teaspoons salt in a sturdy 1-gallon resealable plastic bag.
- ☐ Add the pork tenderloins and turn to coat with the marinade. Squeeze out the air and seal the bag. Marinate the pork in the refrigerator for at least 3 hours but preferably overnight.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Remove the tenderloins from the marinade and discard the marinade but leave the herbs that cling to the meat.
- ☐ Sprinkle the tenderloins generously with salt and pepper.
- ☐ Heat 3 tablespoons olive oil in a large oven-proof saute pan over medium-high heat. Sear the pork tenderloins on all sides until golden brown.
- ☐ Place the saute pan in the oven and roast the tenderloins for 10 to 15 minutes or until the meat registers 137 degrees F at the thickest part.
- ☐ Transfer the tenderloins to a platter and cover tightly with aluminum foil. Allow to rest for 10 minutes. Carve in 1/2-inch-thick diagonal slices. The thickest part of the tenderloin will be quite pink (it's just fine!) and the thinnest part will be well done. Season with salt and pepper and serve warm, or at room temperature with the juices that collect in the platter.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:29.127391431643%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 410.67kcal (20.53%), Fat: 22.21g (34.16%), Saturated Fat: 4.65g (29.07%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.21g (1.17%), Sugar: 0.86g (0.96%), Cholesterol: 147.42mg (49.14%), Sodium: 331.47mg (14.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.31g (94.62%), Vitamin B1: 2.25mg (149.67%), Selenium: 69.75µg (99.65%), Vitamin B6: 1.8mg (89.76%), Vitamin B3: 15.08mg (75.4%), Phosphorus: 561.79mg (56.18%), Vitamin B2: 0.78mg (45.91%), Zinc: 4.33mg (28.88%), Potassium: 950.81mg (27.17%), Vitamin B5: 1.97mg (19.74%), Vitamin B12: 1.18µg (19.66%), Vitamin C: 16.01mg (19.41%), Vitamin E: 2.57mg (17.15%), Magnesium: 67.26mg (16.82%), Iron: 2.64mg (14.65%), Copper: 0.23mg (11.37%), Vitamin K: 8.67µg (8.25%), Manganese: 0.13mg (6.53%), Vitamin D: 0.68µg (4.54%), Calcium: 30.27mg (3.03%), Fiber: 0.59g (2.37%), Folate: 7.52µg (1.88%), Vitamin A: 78.91IU (1.58%)