



Herb-Orange Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon rubbed sage dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 cup orange marmalade
- ☐ 2 pound pork tenderloins
- ☐ 0.3 teaspoon salt

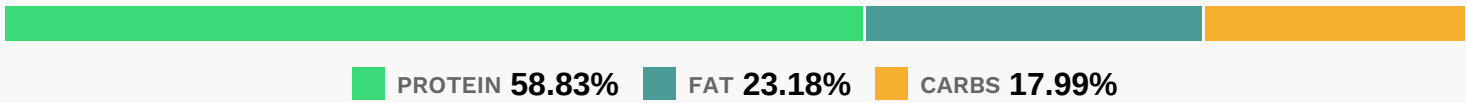
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 42
- ☐ Combine the first 6 ingredients in a shallow dish. Trim the fat from pork.
- ☐ Brush pork with orange marmalade, and roll each tenderloin in spice mixture.
- ☐ Place the pork on a broiler pan coated with cooking spray. Insert a meat thermometer into the thickest part of pork.
- ☐ Bake pork at 450 for 25 minutes or until the thermometer registers 160 (slightly pink). Cover pork and let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:14.866086747335%

Nutrients (% of daily need)

Calories: 163.86kcal (8.19%), Fat: 4.13g (6.35%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 6.89g (2.51%), Sugar: 6.02g (6.69%), Cholesterol: 73.71mg (24.57%), Sodium: 138.23mg (6.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.15%), Vitamin B1: 1.12mg (74.56%), Selenium: 34.48µg (49.26%), Vitamin B6: 0.87mg (43.73%), Vitamin B3: 7.53mg (37.67%), Phosphorus: 279.26mg (27.93%), Vitamin B2: 0.39mg (22.77%), Zinc: 2.16mg (14.43%), Potassium: 461.66mg (13.19%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.95mg (9.52%), Iron: 1.63mg (9.06%), Magnesium: 33.2mg (8.3%), Copper: 0.12mg (5.84%), Manganese: 0.09mg (4.48%), Vitamin K: 2.46µg (2.35%), Vitamin D: 0.34µg (2.27%), Calcium: 20.45mg (2.05%), Vitamin E: 0.29mg (1.93%), Fiber: 0.31g (1.26%)