



Herbed pork fillet with roast vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



105 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 medium parsnips peeled quartered
- ☐ 1 butternut squash peeled seeded cut into chunks
- ☐ 2 onions red cut into 8 wedges
- ☐ 1 tbsp olive oil
- ☐ 1 lemon zest grated
- ☐ 2 tsp pork rub mixed dried italian
- ☐ 500 g pork tenderloin lean
- ☐ 1 medium bramley apples

☐ 400 ml chicken stock see hot

Equipment

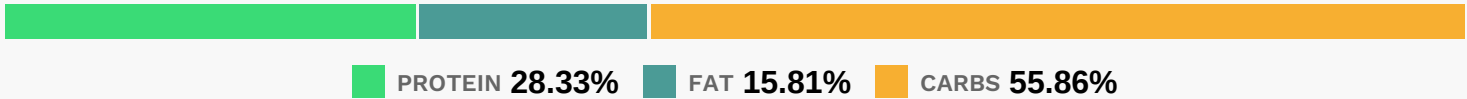
☐ frying pan

☐ oven

Directions

- ☐ Preheat the oven to 200C/ gas 6/fan 180C. Put all the vegetables into a roasting tin.
- ☐ Drizzle with the olive oil, season with salt and pepper, then toss everything together.
- ☐ On a plate, mix together the lemon zest and pork seasoning or herbs.
- ☐ Roll the pork tenderloin in the mixture, then put it on top of the vegetables. Roast for 40 minutes.
- ☐ Peel and core the apple and cut it into chunks. Scatter the pieces into the roasting tin, then pour in the hot stock and cook for a further 15–20 minutes. Slice the pork, arrange on a platter with the veg, then spoon the pan juices on top.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:13.36, Inflammation Score:-10, Nutrition Score:46.740434931672%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.52mg, Quercetin: 14.52mg, Quercetin: 14.52mg, Quercetin: 14.52mg

Nutrients (% of daily need)

Calories: 453.08kcal (22.65%), Fat: 8.26g (12.7%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 65.66g (21.89%), Net Carbohydrates: 51.75g (18.82%), Sugar: 20.33g (22.59%), Cholesterol: 84.29mg (28.1%), Sodium: 237.35mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.31g (66.61%), Vitamin A: 19976.02IU (399.52%), Vitamin B1: 1.65mg (109.7%), Vitamin C: 74.05mg (89.75%), Vitamin B6: 1.56mg (77.9%), Manganese: 1.4mg (69.86%), Vitamin B3: 13.45mg (67.23%), Selenium: 44.79µg (63.98%), Potassium: 1989.27mg (56.84%), Fiber: 13.91g (55.65%), Phosphorus: 530.53mg (53.05%), Vitamin K: 46.06µg (43.87%), Folate: 173.69µg (43.42%), Vitamin E: 6.08mg (40.53%), Magnesium: 156.94mg (39.23%), Vitamin B2: 0.66mg (38.9%), Vitamin B5: 2.85mg (28.46%), Copper: 0.53mg (26.45%), Zinc: 3.84mg (25.6%), Iron: 4.2mg (23.32%), Calcium: 186.89mg (18.69%), Vitamin B12: 0.64µg (10.63%), Vitamin D: 0.25µg (1.67%)