



Herby garlic rolled pork with apple salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



181 kcal

Ingredients

- ☐ 2 fillet pork tenderloin
- ☐ 1 small bunch chives chopped
- ☐ 1 small bunch oregano chopped
- ☐ 2 garlic clove crushed
- ☐ 4 tbsp olive oil
- ☐ 6 apples i use 2 granny smith apples unpeeled
- ☐ 1 juice of lemon

Equipment

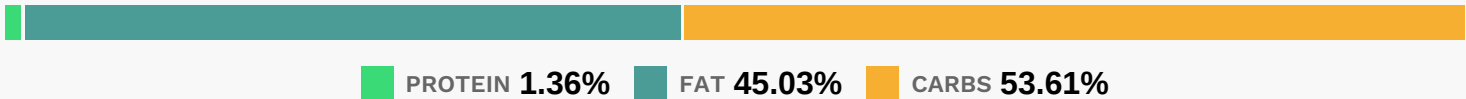
- ☐ oven

- ☐ toothpicks
- ☐ aluminum foil
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Slice both tenderloins along the entire length of the fillet, making sure not to slice all the way through, then open out flat.
- ☐ Place between pieces of cling film and flatten to 5mm thickness by beating with a rolling pin or meat mallet.
- ☐ Sprinkle the inside of both fillets with the herbs, garlic and half of the oil and season.
- ☐ Roll up tightly, secure with toothpicks and season the outside.
- ☐ Heat remaining oil in a heavy roasting tin over a medium heat, then brown the loins on each side, turning frequently, for about 5 mins.
- ☐ Transfer to the oven and roast for 15–20 mins. Cover loosely with foil for 5 mins, then slice.
- ☐ Meanwhile, coarsely grate the apple and toss with the lemon juice and seasoning.
- ☐ Serve the sliced pork with the apple and a green salad.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:6.74, Inflammation Score:-4, Nutrition Score:4.1104347747953%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–

gallate: 0.35mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 180.78kcal (9.04%), Fat: 9.68g (14.9%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 21.44g (7.8%), Sugar: 19.08g (21.2%), Cholesterol: 0.22mg (0.07%), Sodium: 2.46mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Fiber: 4.49g (17.97%), Vitamin C: 11.01mg (13.35%), Vitamin K: 12.1µg (11.52%), Vitamin E: 1.71mg (11.42%), Potassium: 209.38mg (5.98%), Vitamin B6: 0.09mg (4.73%), Manganese: 0.09mg (4.59%), Vitamin B2: 0.05mg (3.06%), Copper: 0.06mg (2.77%), Magnesium: 10.47mg (2.62%), Vitamin A: 130.53IU (2.61%), Vitamin B1: 0.04mg (2.55%), Phosphorus: 23.39mg (2.34%), Iron: 0.37mg (2.04%), Folate: 7.59µg (1.9%), Calcium: 16.42mg (1.64%), Vitamin B5: 0.13mg (1.3%), Vitamin B3: 0.21mg (1.06%)