



Italian Pork Tenderloin

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken broth
- 2 tablespoons parsley fresh chopped
- 2 tablespoons sage fresh chopped
- 0.5 teaspoon ground pepper black
- 0.5 cup heavy cream
- 2 tablespoons oil-packed sun-dried tomatoes chopped
- 2 tablespoons olive oil
- 0.3 cup onion chopped

- 1.5 pounds pork tenderloin cut into 1/2 inch strips
- 0.3 cup pancetta chopped
- 0.3 teaspoon salt

Equipment

- frying pan

Directions

- Heat the oil in a skillet over medium-high heat.
- Saute the prosciutto, sage, parsley, sun-dried tomatoes, and onion 5 minutes, until onion is tender.
- Mix the pork strips into the skillet, and brown about 10 minutes, turning once.
- Stir the broth and heavy cream into the skillet, and season with salt and pepper. Bring to a boil. Reduce heat to low, and simmer 20 minutes, stirring occasionally, until pork reaches a minimum temperature of 145 degrees F (63 degrees C) and sauce is thickened.

Nutrition Facts

PROTEIN 35.07% **FAT 61.04%** **CARBS 3.89%**

Properties

Glycemic Index:30.25, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:31.09173939539%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 446.73kcal (22.34%), Fat: 29.93g (46.05%), Saturated Fat: 11.89g (74.33%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.38g (2.64%), Cholesterol: 154.53mg (51.51%), Sodium: 453.23mg (19.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.7g (77.4%), Copper: 9.31mg (465.25%), Vitamin B1: 1.75mg (116.8%), Selenium: 55.72µg (79.61%), Vitamin B6: 1.37mg (68.69%), Vitamin B3: 12.19mg (60.94%),

Phosphorus: 467.52mg (46.75%), Vitamin B2: 0.68mg (39.97%), Vitamin K: 39.49µg (37.61%), Potassium: 858.95mg (24.54%), Zinc: 3.6mg (23.97%), Manganese: 0.43mg (21.62%), Vitamin B12: 1.01µg (16.87%), Vitamin B5: 1.66mg (16.6%), Magnesium: 62.46mg (15.61%), Iron: 2.53mg (14.08%), Vitamin A: 638.68IU (12.77%), Vitamin E: 1.75mg (11.67%), Vitamin D: 1.05µg (6.97%), Calcium: 60.5mg (6.05%), Vitamin C: 4.56mg (5.53%), Fiber: 0.82g (3.29%), Folate: 7.87µg (1.97%)