



Italian Pork Tenderloin with Roasted Sweet Potatoes

 Gluten Free

READY IN



50 min.

SERVINGS



3

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 teaspoon seasoning italian
- 0.3 teaspoon lawry's seasoned salt
- 0.5 teaspoon garlic clove finely chopped
- 1 lb sweet potatoes and into peeled cut into 1-inch chunks
- 1 medium onion yellow cut into 8 wedges each
- 1 lb pork tenderloin

- 0.5 tablespoon vegetable oil
- 1 teaspoon seasoning italian
- 0.3 teaspoon lawry's seasoned salt
- 1 tablespoon parmesan cheese grated
- 1 tablespoon parsley fresh chopped

Equipment

- bowl
- frying pan
- oven
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 425°F. In large bowl, mix 1 tablespoon oil, 1 teaspoon Italian seasoning, 1/4 teaspoon salt and the garlic.
- Add sweet potatoes and onions; toss to coat.
- Spread in 9x13-inch pan. Roast uncovered 10 minutes.
- Meanwhile, brush pork tenderloins with 1/2 tablespoon oil. In small bowl, stir together 1 teaspoon Italian seasoning, 1/4 teaspoon seasoned salt and the Parmesan cheese.
- Move vegetables to center of pan; place 1 pork tenderloin on each side.
- Sprinkle seasoning mixture evenly over pork. Insert ovenproof meat thermometer so tip is in thickest part of pork.
- Roast uncovered 20 to 25 minutes longer or until thermometer reads 155°F. Cover pan with foil; let stand 5 minutes or until thermometer reads 160°F. (Temperature will continue to rise about 5°F, and pork will be easier to carve.)
- Cut pork into 1-inch-thick slices; arrange on platter with sweet potatoes and onions.
- Sprinkle with parsley.

Nutrition Facts



■ PROTEIN 35.15% ■ FAT 29.16% ■ CARBS 35.69%

Properties

Glycemic Index:52.33, Glycemic Load:15.85, Inflammation Score:-10, Nutrition Score:33.547826207202%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 398.02kcal (19.9%), Fat: 12.79g (19.67%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 29.44g (10.71%), Sugar: 7.95g (8.83%), Cholesterol: 99.73mg (33.24%), Sodium: 581.16mg (25.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.68g (69.37%), Vitamin A: 21603.6IU (432.07%), Vitamin B1: 1.62mg (108.3%), Vitamin B6: 1.54mg (76.97%), Selenium: 47.62µg (68.03%), Vitamin B3: 10.96mg (54.81%), Phosphorus: 463.18mg (46.32%), Vitamin K: 45.57µg (43.4%), Vitamin B2: 0.63mg (36.84%), Potassium: 1186.61mg (33.9%), Manganese: 0.54mg (26.9%), Vitamin B5: 2.55mg (25.46%), Zinc: 3.47mg (23.15%), Fiber: 5.78g (23.12%), Magnesium: 87.27mg (21.82%), Copper: 0.39mg (19.5%), Iron: 3.06mg (17%), Vitamin B12: 0.81µg (13.48%), Vitamin E: 1.55mg (10.34%), Calcium: 101.88mg (10.19%), Vitamin C: 8.3mg (10.06%), Folate: 28.9µg (7.23%), Vitamin D: 0.46µg (3.08%)