



Italian Roasted Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon vegetable oil
- 0.5 teaspoon salt
- 0.5 teaspoon fennel seeds crushed
- 0.3 teaspoon pepper
- 1 clove garlic finely chopped
- 1.5 lb pork tenderloin

Equipment

- bowl

- oven
- roasting pan
- kitchen thermometer

Directions

- Heat oven to 375°F. Spray rack of roasting pan with cooking spray. In small bowl, mash all ingredients except pork into a paste, using spoon. Rub paste over pork.
- Place pork on rack in shallow roasting pan. Insert meat thermometer so tip is in center of thickest part of pork.
- Bake uncovered about 35 minutes or until pork has slight blush of pink in center and meat thermometer reads 160°F.

Nutrition Facts

PROTEIN 67.97% **FAT 31.15%** **CARBS 0.88%**

Properties

Glycemic Index:10.33, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:14.3899999915319%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 144.24kcal (7.21%), Fat: 4.78g (7.36%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 0.31g (0.1%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.01g (0.01%), Cholesterol: 73.71mg (24.57%), Sodium: 253.01mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.97%), Vitamin B1: 1.12mg (74.36%), Selenium: 34.44µg (49.19%), Vitamin B6: 0.87mg (43.74%), Vitamin B3: 7.51mg (37.55%), Phosphorus: 277.27mg (27.73%), Vitamin B2: 0.38mg (22.56%), Zinc: 2.13mg (14.23%), Potassium: 451.63mg (12.9%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.95mg (9.53%), Magnesium: 31.53mg (7.88%), Iron: 1.15mg (6.38%), Copper: 0.11mg (5.27%), Manganese: 0.05mg (2.31%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.31mg (2.08%), Vitamin K: 1.52µg (1.45%), Calcium: 10.19mg (1.02%)