



Kalamata Pork Tenderloin with Rosemary

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken stock see
- 0.5 cup cooking wine dry red
- 0.3 cup flour all-purpose
- 1 tablespoon rosemary fresh chopped
- 1 clove garlic minced
- 0.1 cup kalamata olives sliced
- 1 tablespoon lemon zest minced
- 1 tablespoon olive oil

- 0.3 teaspoon pepper
- 1 pound pork tenderloin medallions
- 0.5 teaspoon salt

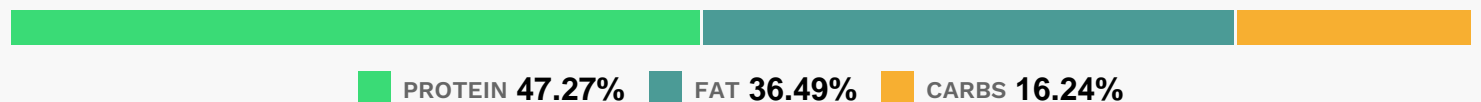
Equipment

- bowl
- frying pan

Directions

- Pound the meat to 1/4 inch thickness. In a shallow bowl, combine the flour, salt, and pepper. Dredge pork in flour to coat.
- Heat 1 tablespoon olive oil in a skillet over medium-high heat. Cook pork in olive oil until browned, turning once.
- Transfer meat to a warmed plate.
- Reduce the heat to low, and add rosemary and garlic to the pan.
- Pour in wine, and bring to a boil. Boil until the liquid is thick.
- Pour in chicken stock, and boil until volume is reduced by half. Stir in olives and lemon zest.
- Pour sauce over the meat, and serve.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:4.4, Inflammation Score:-4, Nutrition Score:16.453913051149%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 240.06kcal (12%), Fat: 8.63g (13.27%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 8.01g (2.91%), Sugar: 0.59g (0.65%), Cholesterol: 74.61mg (24.87%), Sodium: 458.96mg (19.95%), Alcohol: 3.15g (100%), Alcohol %: 2.07% (100%), Protein: 25.14g (50.29%), Vitamin B1: 1.19mg (79.27%), Selenium: 37.83µg (54.04%), Vitamin B6: 0.9mg (45.22%), Vitamin B3: 8.46mg (42.29%), Phosphorus: 294.12mg (29.41%), Vitamin B2: 0.45mg (26.44%), Zinc: 2.24mg (14.92%), Potassium: 497.79mg (14.22%), Vitamin B5: 1mg (9.99%), Vitamin B12: 0.59µg (9.83%), Iron: 1.64mg (9.1%), Magnesium: 35.09mg (8.77%), Copper: 0.14mg (7.02%), Vitamin E: 0.93mg (6.22%), Manganese: 0.1mg (5.16%), Folate: 16.71µg (4.18%), Vitamin C: 2.34mg (2.83%), Fiber: 0.63g (2.51%), Vitamin K: 2.47µg (2.35%), Vitamin D: 0.34µg (2.27%), Calcium: 16.79mg (1.68%)