



Maple-Sage Roasted Pork Tenderloin



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon sage fresh chopped
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 tablespoon maple syrup
- ☐ 0.5 teaspoon salt

Equipment

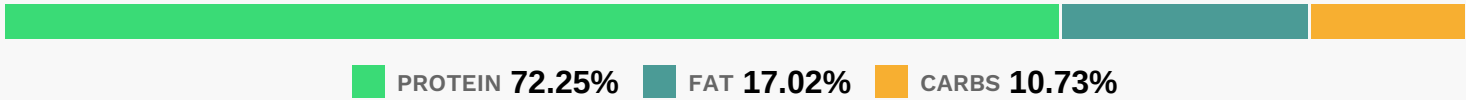
- ☐ baking sheet
- ☐ oven

- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a large zip-top plastic bag; seal and turn to coat. Marinate in refrigerator 30 minutes.
- ☐ Preheat oven to 40
- ☐ Remove pork from bag.
- ☐ Place pork on a foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 400 for 25 minutes or until a thermometer registers 15
- ☐ Cover loosely with foil.
- ☐ Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:1.25, Inflammation Score:-1, Nutrition Score:18.277826241339%

Nutrients (% of daily need)

Calories: 138.14kcal (6.91%), Fat: 2.49g (3.83%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 3.47g (1.26%), Sugar: 3g (3.33%), Cholesterol: 73.71mg (24.57%), Sodium: 351.29mg (15.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.58%), Copper: 1.62mg (80.98%), Vitamin B1: 1.14mg (75.78%), Selenium: 34.93µg (49.9%), Vitamin B6: 0.88mg (44.07%), Vitamin B3: 7.59mg (37.93%), Phosphorus: 280.48mg (28.05%), Vitamin B2: 0.45mg (26.6%), Zinc: 2.19mg (14.6%), Potassium: 467.56mg (13.36%), Manganese: 0.2mg (9.92%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.96mg (9.61%), Magnesium: 32.74mg (8.18%), Iron: 1.19mg (6.6%), Vitamin E: 0.25mg (1.67%), Calcium: 15.13mg (1.51%), Vitamin D: 0.23µg (1.51%)