



Mushroom-Stuffed Pork Tenderloin

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 1 tablespoon breadcrumbs
- ☐ 8 ounces cremini mushrooms thinly sliced
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 2 pork tenderloins trimmed
- ☐ 0.5 teaspoon lemon zest grated

- ☐ 5 tablespoons olive oil extra-virgin plus more for brushing

Equipment

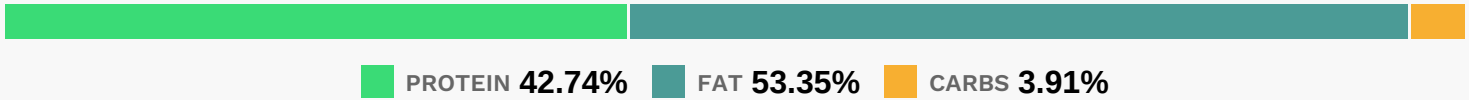
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ toothpicks
- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Heat 2 tablespoons olive oil in a large skillet over medium heat.
- ☐ Add the bacon and cook until crisp, about 8 minutes.
- ☐ Add the mushrooms, 1/2 teaspoon salt, and pepper to taste; cook until the mushrooms are soft, about 4 minutes.
- ☐ Add the garlic and cook 1 minute.
- ☐ Remove from the heat and stir in the breadcrumbs and all but 2 tablespoons parsley.
- ☐ Let cool.
- ☐ Soak 10 to 12 toothpicks in water to prevent them from burning. Rinse the pork and pat dry. Butterfly the pork: Make a 1-inch-deep incision down the length of each tenderloin; do not cut all the way through. Open the meat like a book so the tenderloins lie flat.
- ☐ Cover the pork with plastic wrap; pound with the flat side of a meat mallet until about 1/2 inch thick, starting from the middle and working outward.
- ☐ Spread the mushroom mixture over the 2 tenderloins. Starting with a long side, tightly roll up each tenderloin. Secure the seams with the toothpicks.
- ☐ Preheat a grill to medium high; brush the grates with olive oil.
- ☐ Brush the pork rolls with olive oil and season with salt and pepper. Grill, turning, until a thermometer inserted into the center of the pork registers 140 degrees F, 25 to 30 minutes.

- ☐
- Transfer to a cutting board to rest, about 10 minutes.
- ☐
- Mix the remaining 3 tablespoons olive oil and 2 tablespoons parsley, the lemon zest, and salt and pepper to taste in a bowl.
- ☐
- Remove the toothpicks and slice the pork rolls. Top with parsley oil.
- ☐
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:30.097391149272%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 364.94kcal (18.25%), Fat: 21.3g (32.77%), Saturated Fat: 4.77g (29.78%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 3.03g (1.1%), Sugar: 0.81g (0.9%), Cholesterol: 118.88mg (39.63%), Sodium: 397.52mg (17.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.4g (76.79%), Vitamin B1: 1.77mg (118.3%), Selenium: 65.02µg (92.88%), Vitamin K: 89.14µg (84.9%), Vitamin B6: 1.4mg (69.95%), Vitamin B3: 13.44mg (67.18%), Phosphorus: 487.87mg (48.79%), Vitamin B2: 0.78mg (46.12%), Potassium: 902.1mg (25.77%), Zinc: 3.85mg (25.66%), Vitamin B5: 2.1mg (21.02%), Copper: 0.36mg (17.99%), Vitamin B12: 0.97µg (16.23%), Vitamin E: 2.16mg (14.37%), Magnesium: 53.89mg (13.47%), Iron: 2.33mg (12.92%), Vitamin A: 426.76IU (8.54%), Vitamin C: 7.02mg (8.51%), Manganese: 0.11mg (5.63%), Folate: 18.87µg (4.72%), Vitamin D: 0.43µg (2.88%), Calcium: 27.25mg (2.73%), Fiber: 0.5g (1.98%)