



## One-Pan Roast Pork with Parmesan Fries

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tbsp balsamic vinaigrette dressing kraft
- 1 egg white lightly beaten
- 1 tsp garlic salt divided
- 1 Tbsp honey
- 0.3 cup parmesan cheese grated kraft
- 1 lb pork tenderloin
- 1.3 lb russet potatoes cut into thin wedges ( 4)

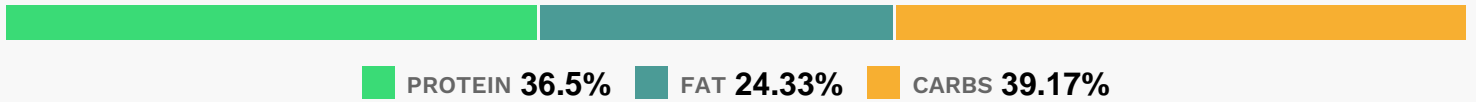
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 425F.
- Mix egg white, cheese and 3/4 tsp. garlic salt in large bowl.
- Add potatoes; toss to coat.
- Spread onto large greased baking sheet.
- Bake 15 min.
- Add meat to baking sheet with potatoes; sprinkle with remaining garlic salt.
- Bake 20 min.
- Mix dressing and honey; brush onto meat.
- Bake 10 to 15 min. or until meat is done (160F) and potatoes are tender, brushing meat occasionally with any remaining dressing mixture.

## Nutrition Facts



## Properties

Glycemic Index:34.26, Glycemic Load:22.4, Inflammation Score:-4, Nutrition Score:21.166522020879%

## Nutrients (% of daily need)

Calories: 321.73kcal (16.09%), Fat: 8.63g (13.28%), Saturated Fat: 2.59g (16.22%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 29.42g (10.7%), Sugar: 5.5g (6.11%), Cholesterol: 79.15mg (26.38%), Sodium: 836.96mg (36.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.13g (58.27%), Vitamin B1: 1.23mg (82.12%), Vitamin B6: 1.36mg (68.16%), Selenium: 38.66µg (55.23%), Vitamin B3: 8.98mg (44.91%), Phosphorus: 394.48mg (39.45%), Potassium: 1063.32mg (30.38%), Vitamin B2: 0.49mg (28.55%), Zinc: 2.82mg (18.78%), Magnesium: 66.35mg (16.59%), Vitamin B5: 1.41mg (14.14%), Iron: 2.38mg (13.22%), Copper: 0.25mg (12.67%), Manganese: 0.25mg (12.51%), Vitamin B12: 0.68µg (11.35%), Vitamin C: 8.11mg (9.83%), Calcium: 82.43mg (8.24%), Fiber: 1.85g (7.41%), Folate: 20.62µg (5.16%), Vitamin K: 2.66µg (2.53%), Vitamin D: 0.37µg (2.48%), Vitamin E: 0.3mg (1.97%), Vitamin A: 57.75IU (1.15%)