



## One-Pan Roasted Pork Supper

 Dairy Free

READY IN



65 min.

SERVINGS



5

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup lite catalina dressing kraft
- 1.5 lb pork tenderloins
- 1 large onion red cut into thin wedges
- 6 oz stove top stuffing mix for chicken
- 1 lb sweet potatoes cubed peeled ( 2)
- 1.5 tsp thyme leaves dried divided
- 1.5 cups water

### Equipment

frying pan

oven

## Directions

Heat oven to 375F.

Toss vegetables with dressing and 1/2 tsp. thyme; spread onto bottom of 15x10x1-inch pan sprayed with cooking spray.

Bake 10 min. Meanwhile, mix stuffing mix and water just until blended.

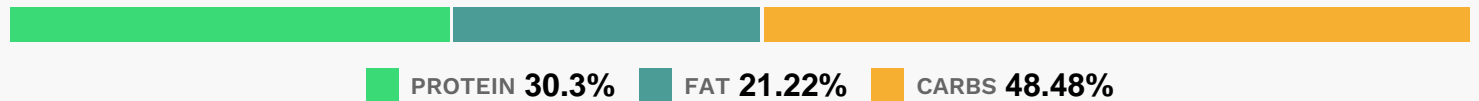
Cut each tenderloin diagonally into thirds. Spoon vegetable mixture to sides of pan. Spoon stuffing down center of pan; top with meat and remaining thyme.

Bake 45 min. or until meat is done (145F).

Remove from oven.

Let meat stand 3 min. before serving with the vegetables.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:9.47, Inflammation Score:-10, Nutrition Score:30.63478296736%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

## Nutrients (% of daily need)

Calories: 455.17kcal (22.76%), Fat: 10.43g (16.05%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 53.64g (17.88%), Net Carbohydrates: 49.42g (17.97%), Sugar: 14.16g (15.74%), Cholesterol: 88.79mg (29.6%), Sodium: 911.83mg (39.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.52g (67.04%), Vitamin A: 12885.47IU (257.71%), Vitamin B1: 1.62mg (108%), Selenium: 58.22µg (83.16%), Vitamin B6: 1.31mg (65.48%), Vitamin B3: 11.49mg (57.46%), Phosphorus: 427.91mg (42.79%), Vitamin B2: 0.66mg (38.73%), Potassium: 957.78mg (27.37%), Manganese: 0.49mg (24.38%), Zinc: 3.18mg (21.21%), Vitamin B5: 2.03mg (20.28%), Magnesium: 76.32mg (19.08%), Iron: 3.26mg (18.1%), Copper: 0.36mg (18.02%), Folate: 71.42µg (17.85%), Fiber: 4.22g (16.87%), Vitamin B12: 0.71µg (11.91%),

Calcium: 76.54mg (7.65%), Vitamin C: 4.19mg (5.08%), Vitamin E: 0.67mg (4.46%), Vitamin D: 0.41µg (2.72%),  
Vitamin K: 2.1µg (2%)