



Onion-Smothered Pork Tenderloin

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cups onion sliced
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 pound pork tenderloins
- ☐ 0.5 teaspoon salt

Equipment

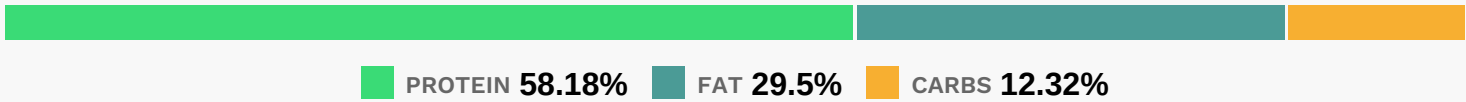
- ☐ frying pan

- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Trim fat from pork; cut a lengthwise slit down center of each tenderloin, cutting about two-thirds of the way through meat.
- ☐ Place on a broiler pan coated with cooking spray.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add onion, and saut 5 to 6 minutes or until tender.
- ☐ Add thyme, salt, and pepper.
- ☐ Spread onion mixture evenly over tenderloins.
- ☐ Bake at 400 for 45 minutes or until a meat thermometer registers 160 (slightly pink).
- ☐ carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.11, Inflammation Score:-4, Nutrition Score:15.674782784089%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 169.8kcal (8.49%), Fat: 5.42g (8.33%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.13g (1.5%), Sugar: 2.26g (2.52%), Cholesterol: 77.29mg (25.76%), Sodium: 265.67mg (11.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.03g (48.07%), Vitamin B1: 1.14mg (75.91%), Selenium: 34.65µg

(49.5%), Vitamin B6: 0.93mg (46.61%), Vitamin B3: 7.56mg (37.82%), Phosphorus: 291.72mg (29.17%), Vitamin B2: 0.4mg (23.39%), Potassium: 525.75mg (15.02%), Zinc: 2.22mg (14.8%), Vitamin B5: 1.02mg (10.18%), Vitamin B12: 0.59µg (9.88%), Magnesium: 36.31mg (9.08%), Iron: 1.33mg (7.36%), Copper: 0.12mg (6.18%), Manganese: 0.1mg (5.12%), Vitamin C: 3.99mg (4.83%), Fiber: 0.96g (3.83%), Folate: 10.43µg (2.61%), Vitamin D: 0.34µg (2.27%), Calcium: 21.53mg (2.15%), Vitamin E: 0.31mg (2.04%), Vitamin K: 1.9µg (1.8%)