



Pan Roasted Pork Tenderloin with a Blue Cheese and Olive Stuffing

READY IN



66 min.

SERVINGS



8

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bleu cheese crumbled
- 4 tablespoons canola oil divided
- 4 teaspoons dijon mustard
- 1 cup cooking wine dry white
- 0.5 cup flour all-purpose
- 3 tablespoons thyme leaves fresh minced
- 2 tablespoons honey
- 8 servings kosher salt and cracked pepper fresh to taste

- 2 tablespoons juice of lemon
- 1 cup olive tapenade prepared
- 2 tablespoons parsley minced
- 3 pounds pork tenderloins whole
- 3 shallots minced
- 6 tablespoons butter unsalted cold cut into pieces

Equipment

- frying pan
- oven
- whisk
- plastic wrap
- toothpicks
- stove
- kitchen twine

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Make a lengthwise cut in each pork tenderloin about 3/4 of the way through. Open each tenderloin, creating a rectangular shape, and place each between two sheets of plastic wrap. Pound each tenderloin into a thin rectangle, about 1/2 to 1/2-inch thick.
- Remove the plastic wrap, and season each tenderloin to taste with salt and pepper on both sides.
- Spread tapenade on 2/3 of each tenderloin sheet, leaving about 1/2 inch of space on the edges.
- Sprinkle blue cheese and thyme over the tapenade. Starting from the side with the stuffing, roll the meat firmly towards the side without stuffing, being careful not to roll so tightly that you squeeze the stuffing out. Use toothpicks or butcher's twine to secure each roll.
- Heat 3 tablespoons canola oil in a large, ovenproof skillet over medium-high heat until it begins to smoke. Lightly dredge each tenderloin roll in flour, and shake off excess. Sear the tenderloins in hot oil until golden brown on all sides, about 6 minutes.

- Roast in preheated oven to an internal temperature of 145 degrees F (63 degrees C), 20 to 22 minutes.
- Remove the pork from the skillet, and set aside to rest in a warm place.
- Return skillet to stove over medium-high heat.
- Heat remaining 1 tablespoon canola oil, then stir in shallots and cook until translucent, 1 to 2 minutes.
- Pour in white wine, and boil until reduced by half, scraping the caramelized bits off of the bottom of the pan.
- Whisk in the Dijon mustard, honey, and lemon juice until smooth.
- Remove pan from the heat, and rapidly whisk in butter cubes until dissolved. Stir in minced parsley, and season to taste with salt and pepper.
- To serve, remove toothpicks or twine from the pork, and slice into 1/2-inch medallions.
- Serve the pork slices ladled with sauce.

Nutrition Facts

PROTEIN 35.97% **FAT 50.96%** **CARBS 13.07%**

Properties

Glycemic Index:38.53, Glycemic Load:7.26, Inflammation Score:-10, Nutrition Score:26.306956726572%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 452.17kcal (22.61%), Fat: 24.17g (37.19%), Saturated Fat: 9.53g (59.57%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 12.9g (4.69%), Sugar: 5.54g (6.16%), Cholesterol: 139.47mg (46.49%), Sodium: 411.75mg (17.9%), Alcohol: 3.09g (100%), Alcohol %: 1.36% (100%), Protein: 38.39g (76.79%), Vitamin B1: 1.75mg (116.63%), Selenium: 56.56µg (80.79%), Vitamin B6: 1.38mg (69.05%), Vitamin B3: 11.93mg (59.66%), Phosphorus: 474.54mg (47.45%),

Vitamin B2: 0.67mg (39.5%), Zinc: 3.63mg (24.21%), Potassium: 785.48mg (22.44%), Vitamin K: 22.58µg (21.51%),
Vitamin B5: 1.69mg (16.87%), Vitamin B12: 1.01µg (16.75%), Iron: 2.82mg (15.67%), Magnesium: 61mg (15.25%),
Vitamin E: 1.89mg (12.63%), Vitamin A: 541.5IU (10.83%), Manganese: 0.2mg (10.15%), Copper: 0.2mg (9.88%),
Vitamin C: 7.77mg (9.42%), Calcium: 78.86mg (7.89%), Folate: 24.87µg (6.22%), Vitamin D: 0.71µg (4.73%), Fiber:
1.04g (4.16%)