



Pan-Roasted Pork Tenderloin With Olives



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon cornstarch
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.3 cup vermouth dry
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup olives green chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 10.5 ounce low-salt chicken broth canned

- ☐ 1 teaspoon olive oil
- ☐ 1 pound pork tenderloin
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sun-dried tomatoes packed sliced (6 pieces)
- ☐ 0.5 cup water boiling
- ☐ 1 tablespoon water
- ☐ 1 teaspoon or dried fresh chopped

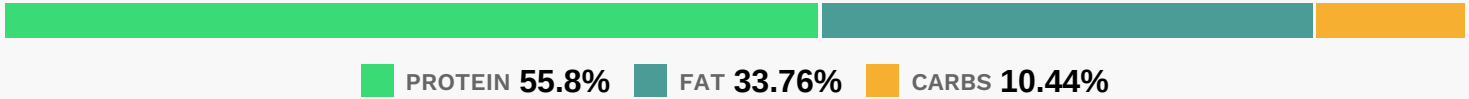
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Combine tomatoes and boiling water in a bowl; cover and let stand 20 minutes or until soft. Stir in olives and next 5 ingredients (olives through garlic).
- ☐ Preheat oven to 40
- ☐ Heat oil in a 9-inch heavy skillet over medium-high heat until hot.
- ☐ Sprinkle pork with black pepper and salt.
- ☐ Add pork to skillet; cook 5 minutes, browning on all sides.
- ☐ Add tomato mixture to skillet. Insert meat thermometer into thickest part of pork.
- ☐ Place skillet in oven; bake at 400 for 30 minutes or until thermometer registers 160 (slightly pink).
- ☐ Remove pork from the skillet. Set aside, and keep warm.
- ☐ Combine water and cornstarch in a small bowl.
- ☐ Add cornstarch mixture and broth to skillet; place over medium heat. Bring to a boil; reduce heat, and simmer 5 minutes or until slightly thick.
- ☐ Serve sauce with pork.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:16.543478214222%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 193.87kcal (9.69%), Fat: 6.86g (10.55%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 4.06g (1.48%), Sugar: 1.29g (1.44%), Cholesterol: 73.71mg (24.57%), Sodium: 291.39mg (12.67%), Alcohol: 1.42g (100%), Alcohol %: 0.7% (100%), Protein: 25.5g (51%), Vitamin B1: 1.13mg (75.58%), Selenium: 34.83µg (49.75%), Vitamin B6: 0.91mg (45.5%), Vitamin B3: 8.79mg (43.94%), Phosphorus: 310.48mg (31.05%), Vitamin B2: 0.42mg (24.76%), Potassium: 615.85mg (17.6%), Zinc: 2.28mg (15.19%), Vitamin B12: 0.66µg (11.07%), Vitamin B5: 1.02mg (10.24%), Copper: 0.2mg (9.91%), Magnesium: 38.68mg (9.67%), Iron: 1.6mg (8.86%), Manganese: 0.11mg (5.3%), Vitamin C: 4.37mg (5.29%), Vitamin E: 0.75mg (5.02%), Fiber: 0.71g (2.83%), Vitamin D: 0.34µg (2.27%), Calcium: 22.23mg (2.22%), Vitamin K: 2.09µg (1.99%), Vitamin A: 77.86IU (1.56%)