



Pan-Seared Pork Tenderloin with Rhubarb Compote



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons rubbed sage dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 tablespoons ground pepper black
- ☐ 2.5 pounds pork tenderloins trimmed of fat (2 large or 3 medium)
- ☐ 6 tablespoons olive oil divided
- ☐ 6 servings rhubarb compote
- ☐ 6 servings sage sprigs fresh

- ☐ 1 tablespoon salt
- ☐ 2 teaspoons in mortar with pestle

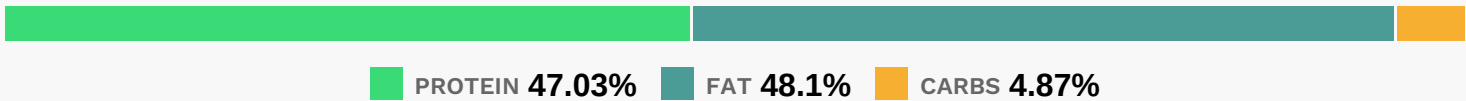
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Mix 3 tablespoons olive oil, ground black pepper, salt, dried sage, and ground fennel in small bowl. Rub oil mixture all over pork tenderloins; place in large baking dish and let stand 20 minutes.
- ☐ Heat remaining 3 tablespoons oil in large nonstick skillet over medium-high heat.
- ☐ Add pork and cook until browned on all sides, about 6 minutes. Reduce heat to medium; cover and cook until instant-read thermometer inserted into center of pork registers 150°F, turning pork occasionally, about 8 minutes longer for medium tenderloins and 10 minutes for large.
- ☐ Transfer pork to cutting board; let rest 5 minutes.
- ☐ Cut pork crosswise into 1/2-inch-thick slices; arrange on platter.
- ☐ Sprinkle with parsley; garnish with sage sprigs.
- ☐ Serve with Rhubarb Compote.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:28.6899999979475%

Flavonoids

Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 349.29kcal (17.46%), Fat: 18.39g (28.29%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.69g (0.77%), Cholesterol: 122.85mg (40.95%), Sodium: 1267.27mg (55.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.45g (80.9%), Vitamin B1: 1.9mg (126.95%), Selenium: 58.96µg (84.23%), Vitamin B6: 1.49mg (74.64%), Vitamin B3: 12.89mg (64.46%), Vitamin K: 51.19µg (48.76%), Phosphorus: 481.8mg (48.18%), Vitamin B2: 0.67mg (39.48%), Potassium: 969.3mg (27.69%), Zinc: 3.7mg (24.63%), Manganese: 0.39mg (19.65%), Vitamin E: 2.62mg (17.5%), Copper: 0.34mg (16.81%), Vitamin B5: 1.68mg (16.77%), Magnesium: 64.39mg (16.1%), Vitamin B12: 0.96µg (16.06%), Iron: 2.44mg (13.56%), Vitamin C: 6.8mg (8.25%), Calcium: 80.04mg (8%), Fiber: 1.8g (7.21%), Vitamin A: 185.61IU (3.71%), Vitamin D: 0.38µg (2.52%), Folate: 6.64µg (1.66%)