



Parmesan Pork Tenderloin

READY IN



25 min.

SERVINGS



4

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons bread crumbs dry fine
- ☐ 1 clove garlic minced
- ☐ 1 small onion thinly sliced
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 1 pound pork tenderloin
- ☐ 1 teaspoon salt
- ☐ 2 small summer squash thinly sliced
- ☐ 2 teaspoons vegetable oil

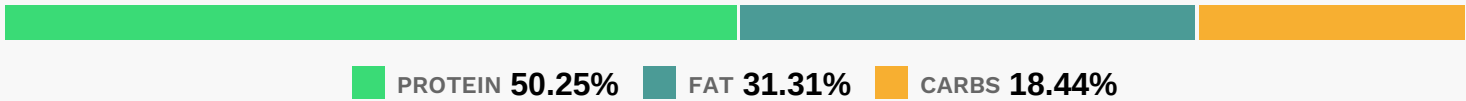
Equipment

- ☐ frying pan

Directions

- ☐ Cut tenderloin crosswise into 12 slices, approximately 3/4-inch thick.
- ☐ Place each slice on its cut surface and flatten with heel of hand to 1/2-inch thickness.
- ☐ Combine crumbs, Parmesan cheese, salt and pepper; dredge pork slices to coat.
- ☐ Heat oil over medium-high heat in nonstick pan.
- ☐ Saute pork for 2 to 3 minutes per side; remove and keep warm.
- ☐ Add onion, garlic and zucchini or squash to skillet and saute 5 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:18.852174168048%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 208.57kcal (10.43%), Fat: 7.13g (10.97%), Saturated Fat: 2g (12.51%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.14g (2.96%), Sugar: 2.51g (2.79%), Cholesterol: 74.8mg (24.93%), Sodium: 719.13mg (31.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.5%), Vitamin B1: 1.22mg (81.62%), Selenium: 37µg (52.86%), Vitamin B6: 1.04mg (51.83%), Vitamin B3: 8.31mg (41.54%), Phosphorus: 324.6mg (32.46%), Vitamin B2: 0.51mg (29.77%), Potassium: 646.74mg (18.48%), Zinc: 2.5mg (16.63%), Vitamin C: 11.56mg (14.01%), Manganese: 0.23mg (11.68%), Magnesium: 46.37mg (11.59%), Vitamin B5: 1.11mg (11.13%), Vitamin B12: 0.63µg (10.55%), Iron: 1.74mg (9.64%), Copper: 0.16mg (8.05%), Folate: 28.57µg (7.14%), Vitamin K: 6.61µg (6.29%), Fiber: 1.32g (5.26%), Calcium: 46.45mg (4.64%), Vitamin E: 0.52mg (3.48%), Vitamin A: 131.84IU (2.64%), Vitamin D: 0.35µg (2.31%)