



Parsley and Parmesan Crusted Pork Tenderloin

READY IN



40 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup bread crumbs
- 0.3 cup dijon mustard
- 0.5 teaspoon thyme leaves dried
- 0.5 cup parsley fresh chopped
- 2 cloves garlic minced
- 0.3 cup parmesan cheese grated
- 24 ounce pork tenderloins

0.5 teaspoon salt

Equipment

bowl

oven

baking pan

kitchen thermometer

Directions

Preheat the oven to 375 degrees F (190 degrees C).

Spray a baking dish with cooking spray. Arrange pork tenderloins in the baking dish.

Mix together bread crumbs, parsley, Parmesan cheese, thyme, salt, and black pepper in a bowl; set aside.

Stir mustard and garlic together in a bowl.

Spread mustard mixture over the pork.

Sprinkle the bread crumb mixture over the mustard coating.

Bake pork in the preheated oven until no longer pink in the center, about 20 minutes. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Allow pork to rest for 5 minutes before slicing.

Nutrition Facts

 **PROTEIN 53.98%**  **FAT 29.04%**  **CARBS 16.98%**

Properties

Glycemic Index:31.5, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:31.08913053637%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 307.61kcal (15.38%), Fat: 9.66g (14.86%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 11.07g (4.03%), Sugar: 1.15g (1.27%), Cholesterol: 117.81mg (39.27%), Sodium: 799.53mg (34.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.4g (80.8%), Vitamin B1: 1.84mg (122.85%), Vitamin K: 126.64µg (120.61%), Selenium: 63.38µg (90.55%), Vitamin B6: 1.36mg (68.07%), Vitamin B3: 12.35mg (61.75%), Phosphorus: 512.35mg (51.23%), Vitamin B2: 0.68mg (39.79%), Zinc: 3.94mg (26.3%), Potassium: 783.92mg (22.4%), Iron: 3.25mg (18.04%), Vitamin B12: 1.04µg (17.4%), Magnesium: 66.74mg (16.68%), Vitamin B5: 1.61mg (16.13%), Vitamin A: 723.9IU (14.48%), Manganese: 0.28mg (14.17%), Calcium: 134.54mg (13.45%), Vitamin C: 10.57mg (12.81%), Copper: 0.22mg (10.96%), Folate: 27.84µg (6.96%), Fiber: 1.63g (6.53%), Vitamin D: 0.55µg (3.68%), Vitamin E: 0.55mg (3.67%)