



## Pepper Pork

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 teaspoon flour
- ☐ 0.3 cup kalamata olives
- ☐ 2 cups lower-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 1 pound pork tenderloin
- ☐ 1 cup roasted bell pepper red chopped
- ☐ 0.3 teaspoon salt

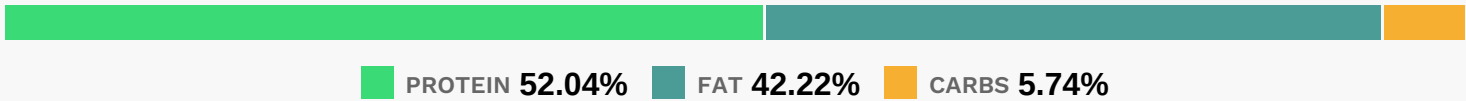
# Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ dutch oven

# Directions

- ☐ Combine roasted red bell pepper and 1 tablespoon balsamic. Slice pork tenderloin lengthwise, cutting to, but not through, other side. Open halves.
- ☐ Place between sheets of plastic wrap; pound to 1/2 inch. Top pork with peppers; leave 1/2-inch border.
- ☐ Roll, starting with long side. Secure pork with picks.
- ☐ Sprinkle with salt.
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add olive oil and pork; cook 6 minutes, browning all sides.
- ☐ Add chicken broth; bring to a boil. Cover; reduce heat, and simmer 12 minutes or until a thermometer registers 14
- ☐ Remove pork from pan; let stand 5 minutes.
- ☐ Combine flour and 1 tablespoon balsamic.
- ☐ Add flour mixture and olives to pan; cook 16 minutes. Slice pork.

# Nutrition Facts



# Properties

Glycemic Index:31.25, Glycemic Load:0.62, Inflammation Score:-4, Nutrition Score:17.017391287762%

# Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

# Nutrients (% of daily need)

Calories: 202.47kcal (10.12%), Fat: 9.33g (14.36%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.66g (0.73%), Cholesterol: 73.71mg (24.57%), Sodium: 1079.96mg (46.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.89g (51.78%), Vitamin B1: 1.13mg (75.24%), Selenium: 34.74µg (49.62%), Vitamin B6: 0.93mg (46.68%), Vitamin B3: 7.74mg (38.72%), Phosphorus: 284.31mg (28.43%), Vitamin B2: 0.4mg (23.29%), Potassium: 746.56mg (21.33%), Vitamin C: 16.27mg (19.73%), Zinc: 2.2mg (14.63%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.97mg (9.67%), Magnesium: 36.3mg (9.07%), Iron: 1.51mg (8.38%), Copper: 0.16mg (8.09%), Vitamin E: 1.18mg (7.88%), Vitamin A: 228.48IU (4.57%), Manganese: 0.08mg (4.05%), Fiber: 0.8g (3.22%), Calcium: 28.28mg (2.83%), Vitamin D: 0.34µg (2.27%), Vitamin K: 2.27µg (2.16%), Folate: 6.85µg (1.71%)