



Peppered Bacon-Wrapped Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon thick
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 cup butter
- ☐ 1 teaspoon ground pepper black
- ☐ 24 ounce pork tenderloins trimmed
- ☐ 0.8 pound mushrooms sliced
- ☐ 1 small onion chopped
- ☐ 0.3 cup pecans toasted chopped

- ☐ 1 teaspoon cracked pepper black
- ☐ 1 teaspoon salt

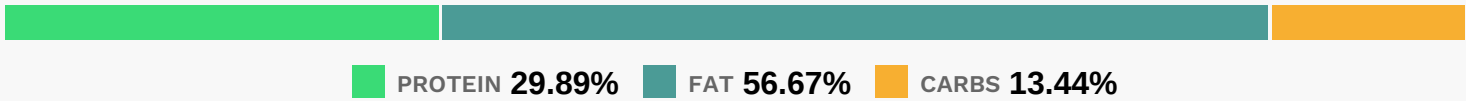
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add mushrooms and onion, and saut 8 minutes or until tender. Stir in pecans, and set aside.
- ☐ Place pork between 2 sheets of plastic wrap; flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- ☐ Sprinkle with salt and ground pepper.
- ☐ Spread mushroom mixture evenly on 1 side of each tenderloin, leaving a 1/4-inch border.
- ☐ Roll up jellyroll fashion, starting with 1 long end. Wrap 4 bacon slices around each tenderloin, and secure with wooden picks.
- ☐ Place, seam sides down, on a lightly greased rack in a roasting pan. Rub evenly with sugar and cracked pepper.
- ☐ Bake, uncovered, at 450 for 15 minutes. Reduce temperature to 40
- ☐ Bake at 400 for 15 minutes or until a meat thermometer registers 160.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:16.327826036059%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 299.22kcal (14.96%), Fat: 18.91g (29.09%), Saturated Fat: 4.95g (30.91%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 9.06g (3.29%), Sugar: 8.02g (8.91%), Cholesterol: 69.8mg (23.27%), Sodium: 552.8mg (24.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.44g (44.88%), Vitamin B1: 0.97mg (64.78%), Selenium: 34.85µg (49.79%), Vitamin B3: 8.17mg (40.85%), Vitamin B6: 0.79mg (39.31%), Phosphorus: 292.99mg (29.3%), Vitamin B2: 0.49mg (28.82%), Potassium: 563.7mg (16.11%), Vitamin B5: 1.54mg (15.4%), Zinc: 2.27mg (15.11%), Copper: 0.28mg (13.77%), Manganese: 0.27mg (13.43%), Vitamin B12: 0.57µg (9.46%), Magnesium: 36.12mg (9.03%), Iron: 1.34mg (7.45%), Vitamin A: 266.7IU (5.33%), Fiber: 1.03g (4.11%), Vitamin E: 0.56mg (3.74%), Folate: 9.87µg (2.47%), Vitamin D: 0.34µg (2.29%), Calcium: 21.25mg (2.13%), Vitamin C: 1.59mg (1.93%)