



Pork Roulade



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chives chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parsley chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound pork tenderloin
- ☐ 0.5 teaspoon rosemary chopped
- ☐ 0.3 teaspoon salt

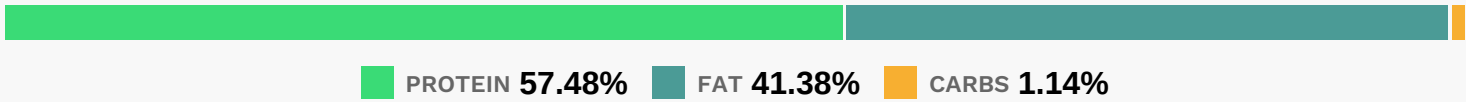
Equipment

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

Directions

- ☐ Preheat oven to 42
- ☐ Slice pork tenderloin lengthwise, cutting to, but not through, other side. Open halves.
- ☐ Place between sheets of plastic wrap; pound to 1/2 inch.
- ☐ Combine 1 tablespoon olive oil, parsley, chives, and rosemary; spread on pork.
- ☐ Roll, starting with long side. Secure pork with picks.
- ☐ Sprinkle with salt and pepper.
- ☐ Heat a large ovenproof pan over medium–high heat.
- ☐ Add 1 tablespoon olive oil and pork; cook for 6 minutes, browning all sides.
- ☐ Bake at 425 for 12 minutes or until a thermometer registers 14
- ☐ Remove pork; let stand 5 minutes. Slice.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.08, Inflammation Score:–5, Nutrition Score:19.274782577287%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 169.62kcal (8.48%), Fat: 7.56g (11.63%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.07g (0.08%), Cholesterol: 73.71mg (24.57%), Sodium: 207.26mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.63g (47.26%), Vitamin K: 87.51µg (83.34%), Vitamin B1: 1.12mg (74.62%), Selenium: 34.39µg (49.12%), Vitamin B6: 0.87mg (43.73%), Vitamin B3: 7.57mg (37.86%), Phosphorus: 279.53mg (27.95%), Vitamin B2: 0.39mg (22.89%), Zinc: 2.18mg (14.56%), Potassium: 479.64mg (13.7%), Vitamin B12: 0.59µg (9.83%), Vitamin A: 489.84IU (9.8%), Vitamin B5: 0.98mg (9.76%), Vitamin C: 7.53mg (9.13%), Magnesium: 33.99mg (8.5%), Iron: 1.47mg (8.17%), Copper: 0.11mg (5.63%), Vitamin E: 0.8mg (5.3%), Folate: 9.23µg (2.31%), Manganese: 0.05mg (2.3%), Vitamin D: 0.34µg (2.27%), Calcium: 15.92mg (1.59%)