



Pork Roulade with Lemon and Sage

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 4 cups orzo pasta hot rice-shaped cooked uncooked (2 cups pasta)
- ☐ 14.5 ounce less-sodium chicken broth fat-free canned
- ☐ 0.7 cup flat-leaf parsley fresh chopped
- ☐ 0.3 cup sage fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 pound pork tenderloins trimmed
- ☐ 1 teaspoon juice of lemon fresh

- ☐ 2 tablespoons lemon rind grated
- ☐ 8 lemon wedges
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon salt divided
- ☐ 1 cup sauvignon blanc white wine dry white

Equipment

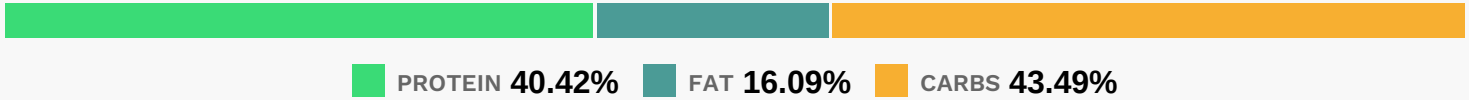
- ☐ frying pan
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ kitchen twine

Directions

- ☐ Slice tenderloins lengthwise, cutting to, but not through, other side. Open halves, laying tenderloins flat. Slice each half lengthwise, cutting to, but not through, other side; open flat.
- ☐ Place plastic wrap over tenderloins; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Combine parsley, sage, rind, and garlic.
- ☐ Sprinkle 1/2 teaspoon salt and 1/4 teaspoon pepper over tenderloins.
- ☐ Spread half of parsley mixture over each tenderloin, leaving a 1/2-inch border around outside edges.
- ☐ Roll up the tenderloins jelly roll fashion, starting with long sides. Secure at 2-inch intervals with twine.
- ☐ Sprinkle 1/2 teaspoon salt and 1/4 teaspoon pepper over tenderloins.
- ☐ Place the tenderloins in a large zip-top plastic bag, and seal. Refrigerate for at least 1 hour.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add tenderloins; cook 5 minutes, turning until browned on all sides.
- ☐ Add wine; cook 2 minutes.

- ☐ Add broth, and bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Remove tenderloins from pan; keep warm. Cook broth mixture until reduced to 1 cup (about 10 minutes). Stir in juice.
- ☐ Remove twine from tenderloins. Slice tenderloins crosswise into 3/4-inch-thick slices.
- ☐ Drizzle with sauce.
- ☐ Serve with orzo and lemon wedges.
- ☐ Garnish with sage leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:13.61, Inflammation Score:-6, Nutrition Score:27.352608338646%

Flavonoids

Eriodictyol: 3.88mg, Eriodictyol: 3.88mg, Eriodictyol: 3.88mg, Eriodictyol: 3.88mg Hesperetin: 5.11mg, Hesperetin: 5.11mg, Hesperetin: 5.11mg, Hesperetin: 5.11mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 322.64kcal (16.13%), Fat: 5.3g (8.15%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 29.62g (10.77%), Sugar: 1.18g (1.31%), Cholesterol: 73.71mg (24.57%), Sodium: 565.34mg (24.58%), Alcohol: 3.1g (100%), Alcohol %: 1.24% (100%), Protein: 29.93g (59.85%), Selenium: 60.94µg (87.06%), Vitamin K: 83.27µg (79.31%), Vitamin B1: 1.17mg (77.96%), Copper: 1.46mg (72.75%), Vitamin B6: 0.97mg (48.28%), Vitamin B3: 8.34mg (41.68%), Phosphorus: 347.48mg (34.75%), Vitamin B2: 0.43mg (25.22%), Vitamin C: 18.6mg (22.55%), Manganese: 0.41mg (20.34%), Zinc: 2.72mg (18.12%), Potassium: 571.07mg (16.32%), Iron: 2.89mg (16.07%), Magnesium: 53.26mg (13.32%), Vitamin B5: 1.19mg (11.92%), Vitamin B12: 0.68µg (11.35%), Fiber: 2.59g (10.36%), Vitamin A: 426.7IU (8.53%), Folate: 17µg (4.25%), Vitamin E: 0.63mg (4.19%), Calcium: 32.67mg (3.27%), Vitamin D: 0.23µg (1.51%)