



Pork Tenderloin alla Napoli

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup olives green chopped
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 pound pork tenderloins

- ☐ 2 roma tomatoes seeded chopped (plum)
- ☐ 0.5 teaspoon salt

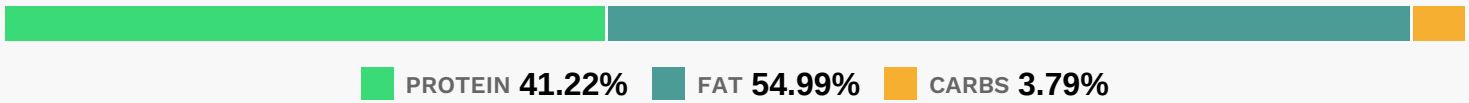
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Heat the oil in a cast iron skillet over medium-high heat. Brown pork on all sides in the skillet.
- ☐ Mix the tomatoes, olives, wine, rosemary and garlic in a bowl.
- ☐ Pour over the pork. Season with salt and pepper.
- ☐ Place skillet with pork in the preheated oven, and bake 30 minutes, to a minimum internal temperature of 145 degrees F (63 degrees C).
- ☐ Remove pork from skillet, leaving remaining tomato mixture and juices.
- ☐ Place skillet over medium heat, and gradually mix in the cream. Stirring constantly, bring to a boil. Reduce heat to low, and continue cooking 5 minutes, until thickened. Slice pork, and drizzle with the cream sauce to serve.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:16.349565293478%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 245.93kcal (12.3%), Fat: 14.41g (22.16%), Saturated Fat: 6.35g (39.66%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 1.75g (0.64%), Sugar: 1.26g (1.4%), Cholesterol: 96.12mg (32.04%), Sodium: 347.63mg (15.11%), Alcohol: 1.03g (100%), Alcohol %: 0.75% (100%), Protein: 24.3g (48.6%), Vitamin B1: 1.13mg (75.26%), Selenium: 35.16µg (50.23%), Vitamin B6: 0.91mg (45.52%), Vitamin B3: 7.66mg (38.32%), Phosphorus: 295.72mg (29.57%), Vitamin B2: 0.43mg (25.09%), Potassium: 528.23mg (15.09%), Zinc: 2.23mg (14.87%), Vitamin B12: 0.62µg (10.36%), Vitamin B5: 1.03mg (10.31%), Vitamin A: 489.11IU (9.78%), Magnesium: 36.31mg (9.08%), Vitamin E: 1.1mg (7.3%), Iron: 1.27mg (7.06%), Copper: 0.13mg (6.34%), Vitamin D: 0.66µg (4.38%), Manganese: 0.08mg (3.97%), Vitamin C: 3.27mg (3.96%), Vitamin K: 3.94µg (3.76%), Calcium: 28.16mg (2.82%), Fiber: 0.48g (1.91%), Folate: 4.22µg (1.06%)