



Pork Tenderloin on a Bed of Spinach, Piquillo Peppers, and Prosciutto

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 2 teaspoons rosemary fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon honey
- ☐ 1.5 pounds pork tenderloin trimmed
- ☐ 2 teaspoons olive oil
- ☐ 2 teaspoons paprika

- ☐ 0.5 cup bottled piquillo peppers cut into 1/4-inch strips
- ☐ 2 ounces pancetta very thin cut into thin strips
- ☐ 0.5 cup onion red finely chopped
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sherry vinegar
- ☐ 10 ounce pkt spinach fresh
- ☐ 2 tablespoons water

Equipment

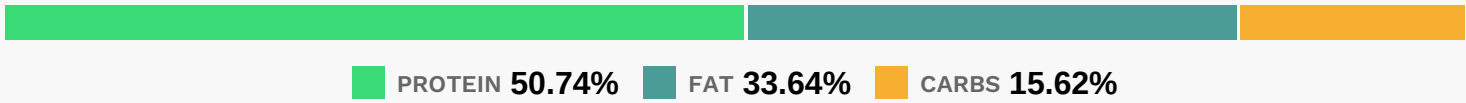
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 450
- ☐ Combine the first 4 ingredients; rub over pork.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add pork; cook 5 minutes, browning on all sides. Wrap handle of skillet with foil; place pan in oven.
- ☐ Bake at 450 for 20 minutes or until a thermometer registers 155 (slightly pink).
- ☐ Remove pork from pan, and let stand for 10 minutes.
- ☐ Cut the pork crosswise into 1/2-inch-thick slices.
- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add onion; cook 5 minutes, stirring frequently.
- ☐ Add prosciutto and garlic; cook 1 minute, stirring constantly.
- ☐ Add spinach, tossing to combine.

Add water, vinegar, and honey; cook 2 minutes or until spinach wilts, tossing frequently. Stir in piquillo peppers. Arrange about 1/3 cup spinach mixture on each of 6 plates; top each serving with 3 ounces pork.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:30.472174136535%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 213.01kcal (10.65%), Fat: 7.84g (12.07%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 6.59g (2.4%), Sugar: 4.21g (4.67%), Cholesterol: 79.95mg (26.65%), Sodium: 603.55mg (26.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.62g (53.24%), Vitamin K: 230.16µg (219.2%), Vitamin A: 4962.68IU (99.25%), Vitamin B1: 1.2mg (80.29%), Selenium: 37.52µg (53.61%), Vitamin B6: 1.04mg (51.84%), Vitamin B3: 8.4mg (41.98%), Phosphorus: 324.47mg (32.45%), Vitamin C: 26.29mg (31.87%), Vitamin B2: 0.5mg (29.36%), Manganese: 0.53mg (26.29%), Folate: 94.7µg (23.68%), Potassium: 779.03mg (22.26%), Magnesium: 72.55mg (18.14%), Zinc: 2.58mg (17.18%), Iron: 3.03mg (16.86%), Vitamin E: 1.64mg (10.95%), Vitamin B5: 1.09mg (10.86%), Vitamin B12: 0.63µg (10.43%), Copper: 0.19mg (9.3%), Fiber: 1.61g (6.42%), Calcium: 60.76mg (6.08%), Vitamin D: 0.26µg (1.76%)