



Pork Tenderloin on Cornmeal Biscuits

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 servings grands flaky refrigerator biscuits halved
- ☐ 24 servings spring onion sliced
- ☐ 2 teaspoons pepper black
- ☐ 2 tablespoons olive oil
- ☐ 3 pound pork tenderloin
- ☐ 2 teaspoons salt
- ☐ 24 servings cranberries

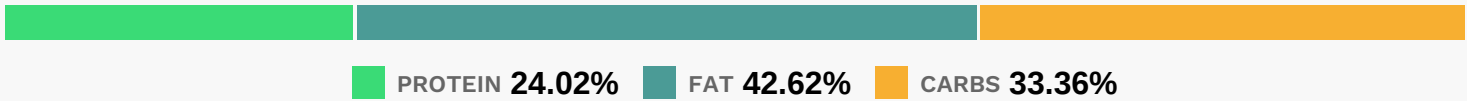
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Place pork in a lightly greased 15- x 10-inch jelly-roll pan; sprinkle with salt and pepper. Rub evenly with oil.
- ☐ Broil 5 1/2 inches from heat 5 minutes; reduce oven temperature to 450, and bake 20 minutes or until a meat thermometer inserted into thickest portion registers 16
- ☐ Let stand 15 minutes before slicing.
- ☐ Cut into 1/4-inch-thick slices (about 18 slices each).
- ☐ Place pork slices evenly over Cornmeal Biscuit halves, and top evenly with Texas Cranberry Chutney.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:7.21, Glycemic Load:11.35, Inflammation Score:-2, Nutrition Score:10.414347840392%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 225.07kcal (11.25%), Fat: 10.52g (16.19%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 17.93g (6.52%), Sugar: 6.23g (6.92%), Cholesterol: 36.85mg (12.28%), Sodium: 323.15mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.69%), Vitamin B1: 0.66mg (43.95%), Selenium:

18.96µg (27.09%), Vitamin B3: 4.7mg (23.5%), Vitamin B6: 0.46mg (22.92%), Vitamin B2: 0.28mg (16.72%), Phosphorus: 158.85mg (15.89%), Vitamin K: 16.53µg (15.74%), Iron: 1.5mg (8.33%), Zinc: 1.22mg (8.16%), Manganese: 0.16mg (8.14%), Potassium: 267.09mg (7.63%), Vitamin E: 1.02mg (6.83%), Folate: 26.56µg (6.64%), Vitamin B5: 0.57mg (5.69%), Magnesium: 20.78mg (5.19%), Vitamin B12: 0.29µg (4.91%), Copper: 0.08mg (4.18%), Fiber: 0.6g (2.39%), Vitamin A: 86.55IU (1.73%), Vitamin C: 1.27mg (1.54%), Calcium: 12.31mg (1.23%), Vitamin D: 0.17µg (1.13%)