



# Pork Tenderloin Studded with Rosemary and Garlic

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



130 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons rosemary leaves fresh finely chopped
- 4 garlic clove minced
- 1 pound pork tenderloins trimmed
- 0.5 teaspoon salt

## Equipment

- frying pan

- oven
- kitchen thermometer

## Directions

- Preheat oven to 47
- Combine the rosemary and garlic. Make several 1/2-inch-deep slits in pork; place about half of rosemary mixture in slits. Rub pork with remaining rosemary mixture; sprinkle with salt and pepper.
- Place pork on a jelly roll pan coated with cooking spray. Insert a meat thermometer into thickest portion of pork.
- Bake at 475 for 20 minutes or until the thermometer registers 160 (slightly pink) or desired degree of doneness.
- Let stand 5 minutes, and cut into 1/4-inch-thick slices.

## Nutrition Facts

**PROTEIN 77.44%** **FAT 18.43%** **CARBS 4.13%**

## Properties

Glycemic Index:15.5, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:14.935217224385%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 129.7kcal (6.48%), Fat: 2.54g (3.91%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.03g (0.03%), Cholesterol: 73.71mg (24.57%), Sodium: 351.58mg (15.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.99%), Vitamin B1: 1.14mg (75.88%), Selenium: 35.36µg (50.51%), Vitamin B6: 0.92mg (46.1%), Vitamin B3: 7.61mg (38.06%), Phosphorus: 285.54mg (28.55%), Vitamin B2: 0.39mg (23.11%), Zinc: 2.19mg (14.6%), Potassium: 472.89mg (13.51%), Vitamin B5: 0.99mg (9.87%), Vitamin B12: 0.58µg (9.64%), Magnesium: 32.5mg (8.12%), Iron: 1.24mg (6.91%), Copper: 0.12mg (5.8%), Manganese: 0.09mg (4.67%), Vitamin E: 0.25mg (1.69%), Vitamin D: 0.23µg (1.51%), Calcium: 15mg (1.5%), Vitamin C: 1.15mg

(1.4%)