



Pork Tenderloin with Arugula Endive and Walnut Vinaigrette



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces baby arugula
- ☐ 3 medium belgian endives sliced
- ☐ 2 garlic cloves coarsely chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1.3 pound pork tenderloin
- ☐ 0.3 cup red-wine vinegar
- ☐ 1 tablespoon vegetable oil

- ☐ 1 cup walnuts divided toasted
- ☐ 2 tablespoons water

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ measuring cup
- ☐ cutting board

Directions

- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Pat pork dry and sprinkle with 3/4 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Heat vegetable oil in a 12-inch ovenproof heavy skillet over medium-high heat until it shimmers, then brown pork on all sides, about 6 minutes total.
- ☐ Transfer pork in skillet to oven and roast until an instant-read thermometer inserted into center registers 145 to 150°F, 20 to 25 minutes.
- ☐ Transfer to a cutting board and let stand 10 minutes.
- ☐ While pork stands, add vinegar to skillet (be careful; handle will be very hot) and boil, scraping up any brown bits, until slightly reduced, about 30 seconds.
- ☐ Transfer to a heatproof measuring cup and add enough olive oil to bring total to 3/4 cup liquid.
- ☐ Pulse 3/4 cup walnuts with garlic, water, 1/2 teaspoon salt, and 1/4 teaspoon pepper to a coarse paste in a food processor. With motor running, slowly add oil mixture to make vinaigrette.
- ☐ Toss arugula and endive with just enough vinaigrette to coat, then divide among plates. Top with thin slices of pork and drizzle with remaining vinaigrette. Crumble remaining 1/4 cup walnuts over pork.

Nutrition Facts



 **PROTEIN 29.96%**  **FAT 63.69%**  **CARBS 6.35%**

Properties

Glycemic Index:20.5, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:30.746087157208%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.37mg, Kaempferol: 12.37mg, Kaempferol: 12.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 460.82kcal (23.04%), Fat: 33.16g (51.01%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 3.65g (1.33%), Sugar: 1.5g (1.67%), Cholesterol: 92.14mg (30.71%), Sodium: 86.99mg (3.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.09g (70.18%), Vitamin B1: 1.53mg (102.33%), Vitamin B6: 1.3mg (65.13%), Selenium: 44.78µg (63.97%), Manganese: 1.21mg (60.31%), Vitamin B3: 9.88mg (49.4%), Phosphorus: 478.3mg (47.83%), Vitamin K: 48.94µg (46.61%), Vitamin B2: 0.56mg (33.2%), Copper: 0.65mg (32.31%), Magnesium: 106.36mg (26.59%), Potassium: 914.53mg (26.13%), Zinc: 3.81mg (25.39%), Folate: 77.79µg (19.45%), Vitamin A: 861.27IU (17.23%), Iron: 2.98mg (16.58%), Vitamin B5: 1.57mg (15.75%), Fiber: 3.79g (15.16%), Vitamin B12: 0.74µg (12.28%), Vitamin E: 1.73mg (11.51%), Calcium: 105.61mg (10.56%), Vitamin C: 7.38mg (8.94%), Vitamin D: 0.43µg (2.83%)