



## Pork Tenderloin with Cornmeal-Herb Crust

 **Gluten Free**  **Dairy Free**

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**280 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup parsley fresh finely chopped
- 0.5 cup sage fresh finely chopped
- 2 cloves garlic finely chopped
- 2 tablespoons olive oil
- 1.3 lb pork tenderloin
- 1 teaspoon salt
- 0.3 cup cornmeal yellow

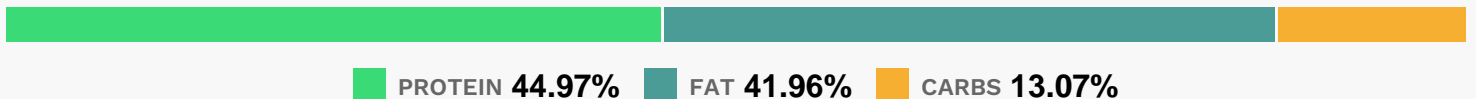
### Equipment

- bowl
- baking sheet
- oven
- kitchen thermometer
- aluminum foil
- tongs
- cutting board

## Directions

- Preheat oven to 500F. Line a baking sheet with heavy-duty foil; mist with cooking spray.
- In a medium bowl, combine cornmeal, parsley, sage, garlic, oil and salt; stir well. Pat tenderloin dry. Press cornmeal mixture onto tenderloin, coating it completely.
- Transfer to prepared baking sheet and roast for 10 minutes. Using tongs, carefully turn tenderloin over and continue to roast until an instant-read thermometer inserted into center of meat registers 145F, 8 to 10 minutes longer.
- Remove tenderloin to a cutting board, tent loosely with foil and let stand for 10 minutes before slicing and serving.

## Nutrition Facts



## Properties

Glycemic Index:32.63, Glycemic Load:4.61, Inflammation Score:-8, Nutrition Score:31.552608883899%

## Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 280.13kcal (14.01%), Fat: 12.8g (19.69%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 7.39g (2.69%), Sugar: 0.3g (0.33%), Cholesterol: 92.14mg (30.71%), Sodium: 664.35mg (28.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.86g (61.72%), Copper: 5.1mg (254.87%), Vitamin K: 250.26µg

(238.34%), Vitamin B1: 1.44mg (96.16%), Selenium: 43.78µg (62.54%), Vitamin B6: 1.18mg (58.76%), Vitamin B3: 9.82mg (49.11%), Phosphorus: 378.4mg (37.84%), Vitamin B2: 0.51mg (29.72%), Vitamin A: 1266.57IU (25.33%), Vitamin C: 20.42mg (24.75%), Zinc: 3.17mg (21.12%), Potassium: 685.29mg (19.58%), Iron: 2.85mg (15.85%), Magnesium: 59.56mg (14.89%), Manganese: 0.3mg (14.78%), Vitamin B5: 1.31mg (13.14%), Vitamin B12: 0.74µg (12.28%), Vitamin E: 1.47mg (9.8%), Folate: 26.22µg (6.56%), Fiber: 1.58g (6.31%), Calcium: 43.59mg (4.36%), Vitamin D: 0.43µg (2.83%)