



Pork Tenderloin with Creamy Herb Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon beef bouillon granules
- ☐ 0.5 cup carrots minced
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon parsley dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.7 cup heavy whipping cream light
- ☐ 1.5 pounds pork tenderloin medallions

☐ 1 tablespoon vegetable oil

Equipment

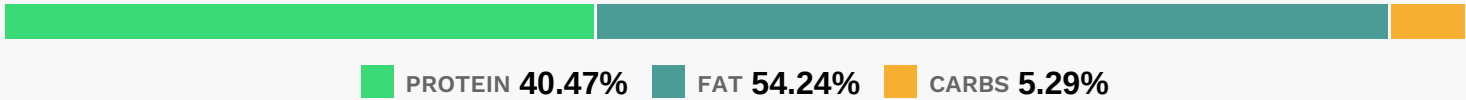
☐ frying pan

☐ whisk

Directions

- ☐ Heat oil in a skillet over medium heat; cook carrots in oil for 5 minutes, stirring often.
- ☐ Add pork, and cook until lightly browned.
- ☐ Remove only pork, and keep warm.
- ☐ In the skillet, stir together flour, basil, parsley, pepper, and beef granules.
- ☐ Whisk in light cream, stirring until thick. Stir in wine. Return pork to pan, reduce heat to low, and cover. Simmer for 20 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:28.14, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:18.969565101292%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 251.89kcal (12.59%), Fat: 14.57g (22.41%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.69g (0.77%), Cholesterol: 103.19mg (34.4%), Sodium: 117.92mg (5.13%), Alcohol: 1.03g (100%), Alcohol %: 0.79% (100%), Protein: 24.46g (48.91%), Vitamin B1: 1.13mg (75.63%), Selenium: 34.86µg (49.8%), Vitamin B6: 0.91mg (45.38%), Vitamin A: 2065.59IU (41.31%), Vitamin B3: 7.74mg (38.67%),

Phosphorus: 301.93mg (30.19%), Vitamin B2: 0.44mg (26.06%), Vitamin K: 22.57µg (21.5%), Potassium: 542.72mg (15.51%), Zinc: 2.3mg (15.31%), Vitamin B12: 0.64µg (10.74%), Vitamin B5: 1.07mg (10.66%), Iron: 1.89mg (10.5%), Magnesium: 41.34mg (10.34%), Manganese: 0.17mg (8.38%), Copper: 0.13mg (6.39%), Vitamin E: 0.84mg (5.62%), Calcium: 49.22mg (4.92%), Vitamin D: 0.5µg (3.33%), Fiber: 0.7g (2.8%), Folate: 7.16µg (1.79%), Vitamin C: 1.21mg (1.47%)