



Pork Tenderloin with Exotic Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounce cream sour reduced-fat
- ☐ 0.5 teaspoon thyme dried
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 pound pork tenderloins trimmed
- ☐ 8 ounce mushrooms (such as shiitake, cremini, and oyster)
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon salt

- ☐ 0.5 cup water
- ☐ 8 ounces extra wide egg noodles uncooked
- ☐ 2 tablespoons worcestershire sauce

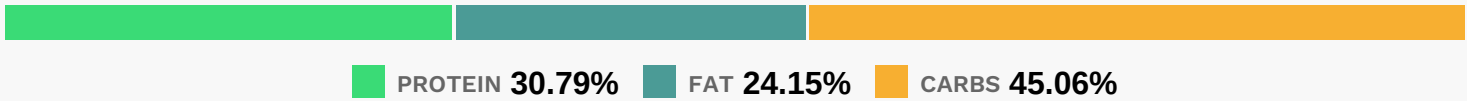
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain; keep warm.
- ☐ Cut pork crosswise into 4 pieces; cut each piece in half lengthwise. Slice each half into thin strips.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add olive oil.
- ☐ Add pork, salt, thyme, pepper, and mushrooms to pan; saut 4 minutes or until pork is desired degree of doneness and mushrooms are tender.
- ☐ Remove from heat.
- ☐ Combine water, flour, and Worcestershire sauce in a medium bowl, stirring with a whisk until smooth. Stir in sour cream.
- ☐ Add sour cream mixture to pan, stirring to combine. Return pan to medium-high heat. Bring to a boil; cook 1 minute or until sauce thickens, stirring constantly.
- ☐ Serve the pork mixture over noodles; sprinkle with parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:18.82, Inflammation Score:-6, Nutrition Score:29.36304343265%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 461.62kcal (23.08%), Fat: 12.32g (18.95%), Saturated Fat: 5.35g (33.46%), Carbohydrates: 51.71g (17.24%), Net Carbohydrates: 48.2g (17.53%), Sugar: 3.42g (3.8%), Cholesterol: 141.18mg (47.06%), Sodium: 818.82mg (35.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.33g (70.66%), Selenium: 85.29µg (121.85%), Vitamin B1: 1.28mg (85.51%), Vitamin B6: 1.19mg (59.25%), Vitamin B3: 11.21mg (56.07%), Phosphorus: 529.43mg (52.94%), Vitamin B2: 0.65mg (38.42%), Vitamin K: 36.61µg (34.87%), Manganese: 0.69mg (34.57%), Zinc: 4.17mg (27.77%), Potassium: 968.93mg (27.68%), Vitamin B5: 2.35mg (23.47%), Magnesium: 84.04mg (21.01%), Copper: 0.39mg (19.62%), Iron: 3.31mg (18.4%), Vitamin B12: 0.98µg (16.35%), Fiber: 3.51g (14.06%), Calcium: 123.46mg (12.35%), Folate: 37.59µg (9.4%), Vitamin A: 402.44IU (8.05%), Vitamin E: 0.81mg (5.39%), Vitamin C: 4.34mg (5.26%), Vitamin D: 0.74µg (4.91%)