



Pork Tenderloin with Olive-Mustard Tapenade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon fennel powder
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1 pound pork tenderloins trimmed

- ☐ 0.3 cup pimienta stuffed olives green pitted chopped
- ☐ 0.5 teaspoon salt

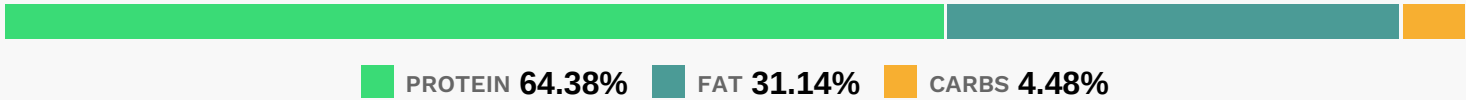
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Press pork pieces into 1/2-inch-thick medallions.
- ☐ Combine salt, pepper, and fennel; rub evenly over pork. Lightly coat pork with cooking spray.
- ☐ Add pork to pan; cook 4 minutes on each side or until done.
- ☐ While pork cooks, combine olives and remaining ingredients.
- ☐ Serve olive mixture over pork.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:17.253043400205%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 154.6kcal (7.73%), Fat: 5.2g (8%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.53g (0.59%), Cholesterol: 73.71mg (24.57%), Sodium: 656.66mg (28.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.2g (48.41%), Vitamin B1: 1.14mg (76.31%), Selenium: 36.45µg (52.07%), Vitamin B6: 0.9mg (44.9%), Vitamin B3: 7.67mg (38.34%), Phosphorus: 287.64mg (28.76%), Manganese: 0.55mg (27.3%), Vitamin B2: 0.39mg (23.14%), Vitamin K: 16.91µg (16.1%), Zinc: 2.2mg (14.67%), Potassium: 479.86mg (13.71%), Vitamin B5: 0.98mg (9.84%), Vitamin B12: 0.58µg (9.64%), Magnesium: 35.93mg (8.98%), Iron: 1.38mg (7.68%), Copper: 0.13mg (6.61%), Vitamin E: 0.91mg (6.1%), Fiber: 0.85g (3.38%), Vitamin A: 154.13IU (3.08%), Calcium: 22.22mg (2.22%), Vitamin C: 1.57mg (1.9%), Vitamin D: 0.23µg (1.51%)