



Pork Tenderloin with Red and Yellow Peppers

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 4 fillet anchovy canned mashed drained
- 1.5 teaspoons rosemary fresh divided chopped
- 3 garlic cloves thinly sliced
- 0.5 teaspoon kosher salt
- 1 pound pork tenderloin 1-inch-thick trimmed
- 1 tablespoon olive oil extra-virgin

- 1 bell pepper red cut into 1 1/2-inch strips
- 1 bell pepper yellow cut into 1 1/2-inch strips

Equipment

- frying pan

Directions

- Heat a large skillet over medium-high heat.
- Sprinkle pork with salt and pepper.
- Add oil to pan; swirl to coat.
- Add pork to pan; cook for 5 minutes. Reduce heat to medium; turn pork over.
- Add 1 teaspoon rosemary, anchovies, garlic, and bell peppers; cook 7 minutes or until peppers are tender and pork is done.
- Drizzle with vinegar. Top with remaining 1/2 teaspoon rosemary.

Nutrition Facts

PROTEIN 56.6% **FAT 31.97%** **CARBS 11.43%**

Properties

Glycemic Index:36, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:22.240434713986%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 178.64kcal (8.93%), Fat: 6.23g (9.59%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 4g (1.46%), Sugar: 1.65g (1.83%), Cholesterol: 74.56mg (24.85%), Sodium: 390.36mg (16.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.64%), Vitamin C: 93.38mg (113.19%), Vitamin B1: 1.16mg (77.44%), Vitamin B6: 1.05mg (52.42%), Selenium: 36.06µg (51.51%), Vitamin B3: 8.35mg (41.77%), Phosphorus: 301.83mg (30.18%), Vitamin B2: 0.43mg (25.13%), Vitamin A: 994.04IU (19.88%), Potassium: 599.23mg (17.12%), Zinc: 2.32mg (15.5%), Vitamin B5: 1.13mg (11.3%), Magnesium: 39.78mg (9.94%), Vitamin B12: 0.59µg

(9.79%), Iron: 1.53mg (8.49%), Vitamin E: 1.26mg (8.41%), Manganese: 0.16mg (8%), Copper: 0.15mg (7.67%), Folate: 21.7µg (5.43%), Fiber: 1.01g (4.03%), Vitamin K: 4.13µg (3.94%), Calcium: 19.53mg (1.95%), Vitamin D: 0.24µg (1.63%)