



Pork Tenderloin with Red Pepper Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olive oil
- ☐ 2 pound pork tenderloins
- ☐ 1 ounce salad dressing & seasoning mix hidden valley® original ranch®
- ☐ 7.3 ounce roasted peppers red drained
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 1 onion yellow peeled chopped

Equipment

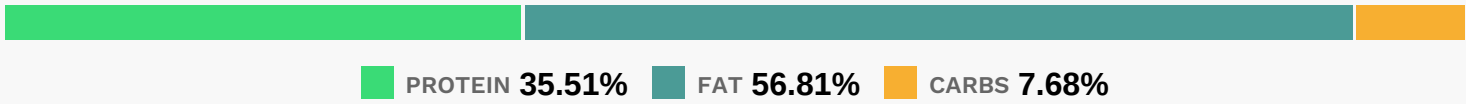
- ☐ food processor

- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ broiler

Directions

- ☐ In a skillet, heat 1 tablespoon of the oil over a medium heat.
- ☐ Add the onions and cook until onions have softened. Stir in the red peppers and sour cream, and continue to cook stirring until heated through.
- ☐ Transfer the pepper mixture to a blender or food processor.
- ☐ Add the seasoning mixture and process until smooth.
- ☐ Preheat grill or broiler.
- ☐ Grill the pork for 5 to 7 minutes on each side until internal temperature reaches 160F.
- ☐ Let meat rest for 5 minutes covered before slicing.
- ☐ Serve the sauce over the sliced tenderloin.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:17.141739036726%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 278.31kcal (13.92%), Fat: 17.28g (26.58%), Saturated Fat: 4.78g (29.85%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 4.71g (1.71%), Sugar: 1.32g (1.46%), Cholesterol: 86.43mg (28.81%), Sodium: 683.88mg (29.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.3g (48.6%), Vitamin B1: 1.13mg (75.38%), Selenium: 35.3µg (50.43%), Vitamin B6: 0.94mg (46.93%), Vitamin B3: 7.67mg (38.36%), Phosphorus: 301.07mg (30.11%), Vitamin B2:

0.43mg (25.28%), Vitamin C: 13.16mg (15.95%), Potassium: 530.28mg (15.15%), Zinc: 2.26mg (15.08%), Vitamin E: 1.63mg (10.87%), Vitamin B12: 0.63µg (10.58%), Vitamin B5: 1.05mg (10.48%), Magnesium: 36.97mg (9.24%), Iron: 1.4mg (7.78%), Copper: 0.14mg (7.18%), Vitamin K: 5.8µg (5.52%), Vitamin A: 270.47IU (5.41%), Calcium: 42.37mg (4.24%), Manganese: 0.08mg (3.85%), Vitamin D: 0.34µg (2.27%), Fiber: 0.54g (2.17%), Folate: 8.02µg (2%)