



Pork Tenderloin with Roasted Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



50

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 env. shake 'n bake original pork seasoned coating mix
- 1 lb pork tenderloin
- 1 lb potatoes red unpeeled cut into 1/2-inch cubes (2 cups)
- 1 lb sweet potatoes peeled cut into 1/2-inch cubes (2 cups)
- 1 medium onion yellow cut into 1-inch chunks

Equipment

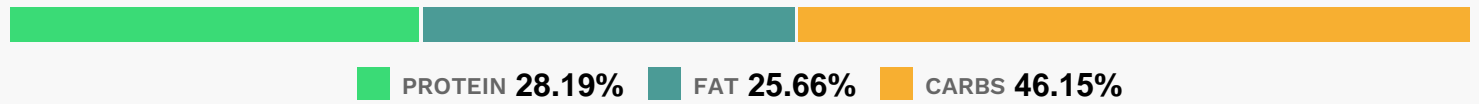
- oven

- baking pan
- kitchen thermometer

Directions

- Preheat oven to 450F. Moisten meat with water. Shake off excess. Coat meat as directed on package. Discard any remaining coating mix.
- Toss sweet potatoes, red potatoes and onion with dressing.
- Spread evenly into 15x10x1-inch baking pan; top with meat.
- Bake 25 to 30 minutes or until meat thermometer inserted in center of meat registers 160F, stirring vegetables after 15 minutes.
- Let stand 5 minutes. Slice meat.
- Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:1.7, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:3.2095652404039%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 32.72kcal (1.64%), Fat: 0.93g (1.43%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 3.29g (1.2%), Sugar: 0.84g (0.94%), Cholesterol: 6.21mg (2.07%), Sodium: 35.01mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Vitamin A: 1288.76IU (25.78%), Vitamin B1: 0.11mg (7.21%), Vitamin B6: 0.11mg (5.48%), Selenium: 3.01µg (4.31%), Vitamin B3: 0.78mg (3.9%), Phosphorus: 33.6mg (3.36%), Potassium: 113.95mg (3.26%), Vitamin B2: 0.04mg (2.39%), Manganese: 0.04mg (2.05%), Fiber: 0.46g (1.86%), Vitamin B5: 0.18mg (1.79%), Magnesium: 7.13mg (1.78%), Copper: 0.04mg (1.77%), Vitamin K: 1.75µg (1.67%), Zinc: 0.24mg (1.61%), Vitamin C: 1.17mg (1.42%), Iron: 0.22mg (1.25%)