



 **90%**
HEALTH SCORE

Pork Tenderloin with Roasted Vegetables

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



55 min.

SERVINGS



6

CALORIES



902 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pork tenderloin (each)
- 1 pound baby carrots
- 2 pounds baby potatoes cut in half (16 to 20)
- 1 medium onion cut into wedges
- 6 cloves garlic clove whole
- 1 tablespoon canola oil
- 2 teaspoons rosemary dried crumbled
- 1 teaspoon sage dried crumbled

- 0.3 teaspoon salt
- 0.3 teaspoon pepper

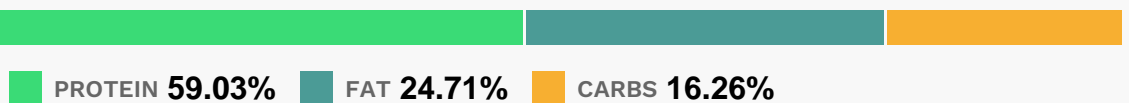
Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer

Directions

- Heat oven to 450°. Spray shallow roasting pan with cooking spray.
- Place pork in pan. Insert meat thermometer so tip is in thickest part of pork.
- Place carrots, potatoes, onion and garlic around pork.
- Drizzle with oil; sprinkle with rosemary, sage, salt and pepper.
- Bake uncovered 25 to 30 minutes or until thermometer reads 155°.
- Remove pork from pan. Stir vegetables and continue baking 5 to 10 minutes or until tender. Cover pork and let stand 10 to 15 minutes or until thermometer reads 160° and pork is slightly pink in center.
- Serve pork with vegetables and garlic.

Nutrition Facts



Properties

Glycemic Index:40.46, Glycemic Load:20.01, Inflammation Score:-10, Nutrition Score:57.306521996208%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 901.72kcal (45.09%), Fat: 23.97g (36.88%), Saturated Fat: 7.39g (46.21%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 29.53g (10.74%), Sugar: 5.59g (6.21%), Cholesterol: 393.03mg (131.01%), Sodium: 480.65mg (20.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 128.82g (257.64%), Vitamin B1: 6.1mg (406.48%), Selenium: 184.87µg (264.1%), Vitamin B6: 5.21mg (260.56%), Vitamin B3: 42.03mg (210.13%), Vitamin A: 10442.32IU (208.85%), Phosphorus: 1586.87mg (158.69%), Vitamin B2: 2.12mg (124.84%), Potassium: 3233.71mg (92.39%), Copper: 1.8mg (90.25%), Zinc: 11.95mg (79.66%), Vitamin B5: 5.85mg (58.53%), Vitamin B12: 3.14µg (52.4%), Magnesium: 208.96mg (52.24%), Iron: 7.86mg (43.68%), Vitamin C: 34.06mg (41.29%), Manganese: 0.55mg (27.43%), Fiber: 5.95g (23.81%), Vitamin D: 1.81µg (12.09%), Folate: 48.29µg (12.07%), Vitamin E: 1.76mg (11.74%), Vitamin K: 11.9µg (11.34%), Calcium: 91.3mg (9.13%)