



Pork Tenderloin with Rosemary



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



138 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serving pam original flavor shopping list for greasing pan
- ☐ 1 clove garlic
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 lb pork tenderloin
- ☐ 1.5 teaspoons rosemary dried fresh crushed finely chopped

Equipment

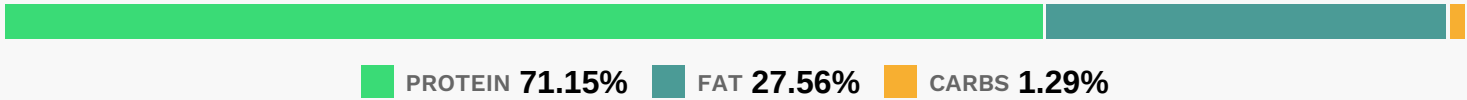
- ☐ frying pan

- ☐ oven
- ☐ kitchen thermometer
- ☐ garlic press

Directions

- ☐ Heat the oven to 425°F. Spray an 8-inch square or 11x7-inch pan with the cooking spray.
- ☐ Peel and crush the garlic in a garlic press.
- ☐ Sprinkle salt and pepper over all sides of the pork tenderloin. Rub the rosemary and garlic on all sides of pork.
- ☐ Place pork in the pan.
- ☐ Bake uncovered 20 to 30 minutes or until pork has a slight blush of pink in the center and a meat thermometer inserted in the center reads 160°F.
- ☐ Cut pork crosswise into thin slices.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:14.329130362719%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 138.21kcal (6.91%), Fat: 4.04g (6.22%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.01g (0.01%), Cholesterol: 73.71mg (24.57%), Sodium: 252.99mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.49g (46.98%), Vitamin B1: 1.12mg (74.39%), Selenium: 34.51µg (49.3%), Vitamin B6: 0.88mg (44.05%), Vitamin B3: 7.5mg (37.52%), Phosphorus: 277.25mg (27.73%), Vitamin B2: 0.38mg (22.57%), Zinc: 2.14mg (14.24%), Potassium: 451.29mg (12.89%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.96mg (9.56%), Magnesium: 31.13mg (7.78%), Iron: 1.14mg (6.34%), Copper: 0.11mg (5.27%), Vitamin D: 0.34µg (2.27%), Manganese: 0.04mg (2.23%), Vitamin E: 0.25mg (1.67%)