



Pork Tenderloin with Rosemary and Garlic

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 garlic cloves sliced
- 1 teaspoon olive oil
- 0.3 teaspoon pepper
- 1.5 pound pork tenderloins
- 4 rosemary sprigs
- 0.3 teaspoon salt
- 1 tablespoon water

Equipment

- bowl
- baking sheet
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 40
- Trim fat from tenderloins; make 1/2-inch-deep slits on outside of tenderloins, and stuff with garlic slices.
- Combine water, oil, salt, and pepper in a small bowl. Rub surface of tenderloins evenly with oil mixture.
- Place tenderloins lengthwise on a double thickness of foil, 15 inches long. Top with 4 rosemary sprigs, and wrap securely.
- Place tenderloins on a baking sheet or roasting pan. Insert meat thermometer through foil into center of 1 tenderloin.
- Bake at 400 for 20 minutes or until a meat thermometer registers 15
- Remove from oven; let stand until thermometer registers 16
- Discard cooked rosemary sprigs.
- Garnish with additional rosemary sprigs, if desired.
- carbo rating: 1

Nutrition Facts

 PROTEIN 67.85%  FAT 30.44%  CARBS 1.71%

Properties

Glycemic Index:22, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:14.454347902666%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 144.64kcal (7.23%), Fat: 4.69g (7.22%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.02g (0.02%), Cholesterol: 73.71mg (24.57%), Sodium: 156.31mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.52g (47.05%), Vitamin B1: 1.12mg (74.47%), Selenium: 34.58µg (49.4%), Vitamin B6: 0.89mg (44.37%), Vitamin B3: 7.51mg (37.54%), Phosphorus: 278.03mg (27.8%), Vitamin B2: 0.38mg (22.6%), Zinc: 2.14mg (14.28%), Potassium: 453.44mg (12.96%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.96mg (9.59%), Magnesium: 31.31mg (7.83%), Iron: 1.16mg (6.43%), Copper: 0.11mg (5.37%), Manganese: 0.05mg (2.65%), Vitamin E: 0.35mg (2.32%), Vitamin D: 0.34µg (2.27%), Calcium: 10.88mg (1.09%)