



Pork Tenderloin with Rosemary Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon rosemary leaves dried fresh crumbled chopped
- ☐ 0.5 teaspoon thyme leaves dried fresh
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 pounds pork tenderloin
- ☐ 6 servings salt

☐ 1 cup vermouth dry white dry

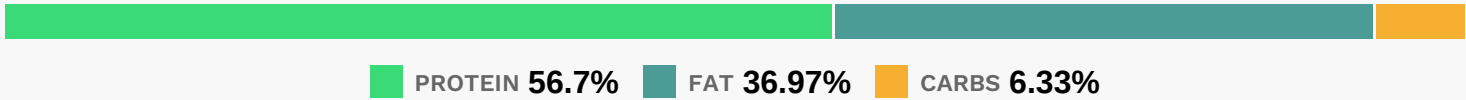
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Rinse meat and pat dry. If needed, cut tenderloin in half crosswise to fit a 10- to 12-inch frying pan.
- ☐ Place empty frying pan over high heat.
- ☐ Add oil; when hot, add tenderloin and turn as needed to brown well on all sides, 5 to 8 minutes total.
- ☐ Reduce heat to medium-low.
- ☐ Add vermouth, rosemary, thyme, and pepper. Cover and simmer, turning pork after 5 minutes, until a thermometer inserted in thickest part reaches 155, 10 to 12 minutes total.
- ☐ Transfer pork to a platter and keep warm.
- ☐ Measure pan juices. If less than 1/2 cup, add broth to make 1/2 cup. If more than 1/2 cup, boil on high heat, uncovered, until reduced to 1/2 cup.
- ☐ Blend milk and cornstarch.
- ☐ Mix into pan and stir over high heat until boiling.
- ☐ Add salt to taste.
- ☐ Pour into a bowl.
- ☐ Cut pork into diagonal slices and pour sauce around or over meat.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:15.412173962464%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 204.64kcal (10.23%), Fat: 6.99g (10.76%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.36g (1.51%), Cholesterol: 76.15mg (25.38%), Sodium: 262.63mg (11.42%), Alcohol: 4.12g (100%), Alcohol %: 2.94% (100%), Protein: 24.13g (48.26%), Vitamin B1: 1.13mg (75.14%), Selenium: 34.81µg (49.73%), Vitamin B6: 0.9mg (45.04%), Vitamin B3: 7.56mg (37.82%), Phosphorus: 303.7mg (30.37%), Vitamin B2: 0.42mg (24.54%), Zinc: 2.26mg (15.05%), Potassium: 506.87mg (14.48%), Vitamin B12: 0.7µg (11.66%), Vitamin B5: 1.04mg (10.45%), Magnesium: 37.51mg (9.38%), Iron: 1.26mg (7.02%), Copper: 0.11mg (5.26%), Vitamin E: 0.6mg (3.98%), Manganese: 0.08mg (3.9%), Vitamin D: 0.56µg (3.76%), Calcium: 36.67mg (3.67%), Vitamin K: 1.76µg (1.68%)