



Pork Tenderloin with Seasoned Rub

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon thyme leaves dried
- 1 teaspoon garlic minced
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 tablespoon olive oil
- 1 teaspoon oregano dried
- 1.3 pounds pork tenderloin

4 servings salt

Equipment

bowl

frying pan

oven

roasting pan

tongs

Directions

Watch how to make this recipe.

Preheat the oven to 450 degrees F.

In separate bowl mix dry ingredients such as garlic powder, oregano, cumin, coriander, thyme and salt. Stir mixture with a fork until all the ingredients are well combined and they form a seasoning. This will be used as a rub to ensure the pork is well seasoned throughout.

Sprinkle the rub over the tenderloin with a dry hand, then rub the pork with the seasoning over both sides of the meat, pressing gently so the seasoning adheres well to the tenderloin.

In a large skillet over medium-high heat, add the olive oil and heat.

Add the minced garlic and saute, stirring, for 1 minute. Put tenderloin in the pan and cook for about 10 minutes, searing each side using tongs to turn the meat.

Transfer meat to a roasting pan and bake for 20 minutes. Slice and serve.

Nutrition Facts



PROTEIN 57.99% **FAT 38.5%** **CARBS 3.51%**

Properties

Glycemic Index:11.25, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:19.352174219878%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 210.02kcal (10.5%), Fat: 8.75g (13.47%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.14g (0.42%), Sugar: 0.06g (0.07%), Cholesterol: 92.14mg (30.71%), Sodium: 269.42mg (11.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.66g (59.32%), Vitamin B1: 1.4mg (93.55%), Selenium: 43.43µg (62.04%), Vitamin B6: 1.11mg (55.74%), Vitamin B3: 9.45mg (47.25%), Phosphorus: 354.48mg (35.45%), Vitamin B2: 0.49mg (28.61%), Zinc: 2.76mg (18.39%), Potassium: 592.71mg (16.93%), Iron: 2.36mg (13.1%), Vitamin B12: 0.74µg (12.28%), Vitamin B5: 1.2mg (12.01%), Magnesium: 44.42mg (11.1%), Vitamin K: 9.54µg (9.09%), Copper: 0.15mg (7.35%), Vitamin E: 0.95mg (6.32%), Manganese: 0.11mg (5.55%), Calcium: 31.52mg (3.15%), Vitamin D: 0.43µg (2.83%), Fiber: 0.65g (2.6%)