

Pork Tenderloin with Tomato and Pepper Sauce

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 14.5 ounce canned tomatoes diced green canned
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon garlic minced
- ☐ 1.5 cups bell pepper green thinly sliced
- ☐ 1.5 pound pork tenderloin lean cut into thin strips

- ☐ 1 onion diced
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup water

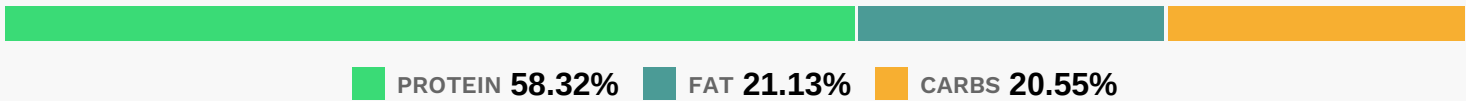
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet, melt butter over medium-high heat. Stir garlic into sizzling hot butter, and then arrange as many sliced pork tenderloin strips as you can fit into the pan. Cook, turning occasionally, until browned on both sides.
- ☐ Remove from pan; set aside. Repeat with any remaining pork tenderloin strips.
- ☐ Return all pork tenderloin strips to pan. Stir in tomatoes and season with basil, salt, and pepper. Cook until mixture comes to a boil, then reduce heat to low, and cover.
- ☐ Meanwhile, heat water in a nonstick skillet over medium heat. Cook peppers and onion in boiling-hot water until vegetables are tender-crisp. Stir into pork tenderloin and tomatoes. Continue cooking until pork tenderloin strips are no longer pink, about 50 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:3, Inflammation Score:-7, Nutrition Score:31.250434999881%

Flavonoids

Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 261.97kcal (13.1%), Fat: 6.17g (9.49%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 13.5g (4.5%), Net Carbohydrates: 9.83g (3.58%), Sugar: 7.05g (7.83%), Cholesterol: 115.94mg (38.65%), Sodium: 1118.66mg (48.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.31g (76.62%), Vitamin B1: 1.82mg (121.45%), Vitamin B6:

1.65mg (82.44%), Selenium: 53.32µg (76.17%), Vitamin C: 56.65mg (68.67%), Vitamin B3: 12.95mg (64.76%), Phosphorus: 475.79mg (47.58%), Vitamin B2: 0.66mg (39.07%), Potassium: 1138.06mg (32.52%), Zinc: 3.65mg (24.36%), Manganese: 0.45mg (22.61%), Copper: 0.41mg (20.58%), Iron: 3.57mg (19.83%), Magnesium: 78.43mg (19.61%), Vitamin B5: 1.83mg (18.34%), Fiber: 3.67g (14.68%), Vitamin K: 15.39µg (14.66%), Vitamin B12: 0.87µg (14.53%), Vitamin E: 1.96mg (13.09%), Vitamin A: 496.74IU (9.93%), Calcium: 67.67mg (6.77%), Folate: 25.17µg (6.29%), Vitamin D: 0.34µg (2.27%)