



Pork Tenderloin with Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



831 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cooking sherry dry
- ☐ 2 fennel bulbs
- ☐ 1.8 pound pork tenderloins trimmed
- ☐ 0.3 cup olive oil divided
- ☐ 3 large portobello mushroom caps
- ☐ 0.5 tablespoon salt
- ☐ 1 pint whipping cream
- ☐ 3 tablespoons coarsely ground peppercorns black divided

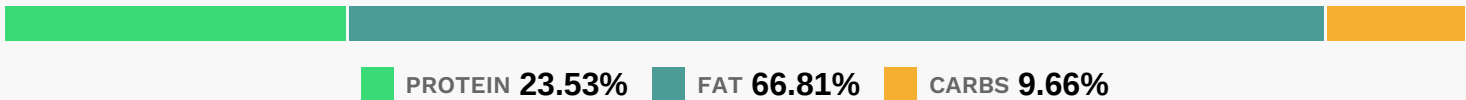
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Trim base from fennel bulbs; cut bulbs into fourths, discarding fronds.
- ☐ Cut mushroom caps in half.
- ☐ Brown tenderloins in 2 tablespoons hot oil in a large skillet over medium-high heat 4 to 5 minutes on each side.
- ☐ Place pork in a shallow roasting pan; sprinkle with salt and 1 1/2 tablespoons pepper. Top with fennel and mushrooms; drizzle with remaining 2 tablespoons oil.
- ☐ Bake at 475 for 35 to 40 minutes or until meat thermometer inserted into thickest portion registers 16
- ☐ Transfer to a serving platter.
- ☐ Cook whipping cream, sherry, and remaining 1 1/2 tablespoons pepper in a saucepan over low heat, stirring mixture constantly, until thoroughly heated; serve over pork and vegetables.
- ☐ Prep: 15 min.,
- ☐ Bake: 40 min., Cook: 5 min.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:3.26, Inflammation Score:-9, Nutrition Score:44.718260682147%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 831.4kcal (41.57%), Fat: 61.21g (94.17%), Saturated Fat: 30.7g (191.9%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 13.57g (4.94%), Sugar: 9.96g (11.07%), Cholesterol: 262.66mg (87.55%), Sodium: 1078.95mg (46.91%), Alcohol: 3.09g (100%), Alcohol %: 0.71% (100%), Protein: 48.51g (97.03%), Vitamin B1: 2.06mg (137.51%), Selenium: 77.61µg (110.87%), Vitamin K: 97.79µg (93.13%), Vitamin B6: 1.77mg (88.42%), Vitamin B3: 17.04mg (85.19%), Phosphorus: 702.56mg (70.26%), Manganese: 1.29mg (64.59%), Vitamin B2: 1.04mg (61.08%), Potassium: 1739.17mg (49.69%), Vitamin A: 1936.73IU (38.73%), Zinc: 4.73mg (31.53%), Vitamin B5: 3.09mg (30.89%), Vitamin E: 4.24mg (28.25%), Copper: 0.55mg (27.53%), Fiber: 6.34g (25.37%), Magnesium: 97.6mg (24.4%), Iron: 4mg (22.25%), Vitamin B12: 1.23µg (20.55%), Calcium: 183.82mg (18.38%), Vitamin C: 14.75mg (17.88%), Vitamin D: 2.48µg (16.52%), Folate: 55.54µg (13.88%)