



Prosciutto-Stuffed Pork Tenderloin with Mushroom Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup breadcrumbs made from bread fresh french crustless
- ☐ 1 cup cooking wine dry white
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup low-salt chicken broth

- ☐ 0.8 pound mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 2 pound pork tenderloins
- ☐ 8 slices pancetta thin (each 8x2 inches)
- ☐ 1 teaspoon salt

Equipment

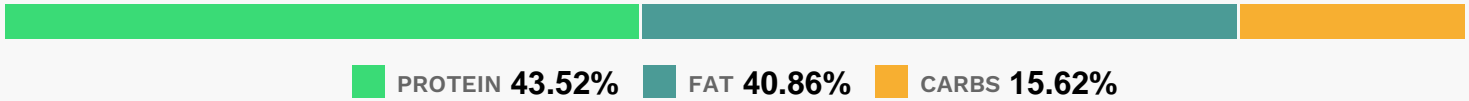
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs
- ☐ kitchen twine

Directions

- ☐ Arrange tenderloins side by side on work surface with thick end of one next to thin end of other. Slightly overlap prosciutto strips crosswise down length of pork (prosciutto will hang over pork on both sides).
- ☐ Mix breadcrumbs, 1 teaspoon rosemary, and 1 teaspoon thyme in small bowl.
- ☐ Add 1 tablespoon oil; toss to blend.
- ☐ Sprinkle crumb mixture atop prosciutto on 1 pork tenderloin. Fold prosciutto over to cover stuffing and roll second tenderloin over prosciutto and stuffing on first. Using kitchen string, tie tenderloins and stuffing together in 4 or 5 places to make cylinder-shaped roast.
- ☐ Mix salt, pepper, 1 teaspoon rosemary, and 1 teaspoon thyme in small bowl. Rub herb mixture over outside of roast.
- ☐ Let stand 30 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Heat remaining 1 tablespoon oil in heavy large ovenproof skillet over medium-high heat.
- ☐ Add roast and sauté until brown, turning with tongs, about 7 minutes.

- ☐
- Place skillet with roast in oven. Roast pork until thermometer inserted into thickest part of pork registers 145°F, about 35 minutes.
- ☐
- Transfer roast to platter; tent loosely with foil to keep warm (temperature will rise 5 to 10 degrees as pork stands).
- ☐
- Place same skillet over medium heat.
- ☐
- Add mushrooms and garlic; sauté until mushrooms begin to brown, about 6 minutes.
- ☐
- Add wine and broth. Boil until sauce thickens enough to coat spoon, scraping up browned bits, about 12 minutes. Season with salt and pepper.
- ☐
- Cut roast crosswise into 1/2-inch-thick slices; serve with mushroom sauce.

Nutrition Facts



Properties

Glycemic Index:35.44, Glycemic Load:5.72, Inflammation Score:-7, Nutrition Score:26.581739148368%

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 375.06kcal (18.75%), Fat: 15.59g (23.98%), Saturated Fat: 4.09g (25.58%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 11.86g (4.31%), Sugar: 2.69g (2.99%), Cholesterol: 105.32mg (35.11%), Sodium: 647.02mg (28.13%), Alcohol: 4.12g (100%), Alcohol %: 1.61% (100%), Protein: 37.35g (74.7%), Vitamin B1: 1.64mg (109.66%), Selenium: 59.04µg (84.34%), Vitamin B3: 14.17mg (70.87%), Vitamin B6: 1.3mg (64.97%), Vitamin B2: 0.82mg (48.11%), Phosphorus: 477.98mg (47.8%), Potassium: 896.5mg (25.61%), Zinc: 3.56mg (23.76%), Vitamin B5: 2.36mg (23.64%), Manganese: 0.39mg (19.72%), Copper: 0.38mg (19.01%), Iron: 2.88mg (16.02%), Magnesium: 61.49mg (15.37%), Vitamin B12: 0.9µg (15.03%), Vitamin E: 1.1mg (7.32%), Folate: 27.21µg (6.8%), Fiber: 1.55g (6.19%), Calcium: 46.6mg (4.66%), Vitamin K: 4.49µg (4.28%), Vitamin D: 0.61µg (4.06%), Vitamin C: 2.46mg (2.98%)