



Roast Pork With Lemon-Pepper Crust



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



134 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon coarse-ground sea salt
- ☐ 3 garlic cloves minced
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.5 teaspoon olive oil
- ☐ 1 teaspoon oregano dried

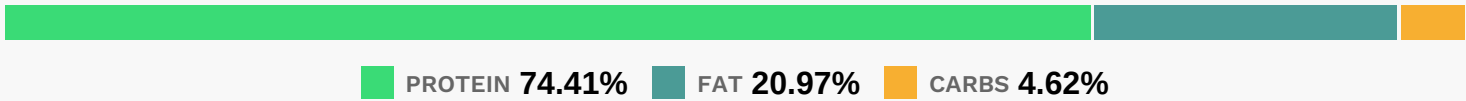
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 6 ingredients.
- ☐ Spread mixture evenly over pork.
- ☐ Place pork on a broiler pan coated with cooking spray. Insert a meat thermometer into thickest part of tenderloin.
- ☐ Bake, uncovered, at 450 for 25 minutes or until thermometer registers 15
- ☐ Remove pork from oven, and cover with foil; let stand 10 minutes or until thermometer registers 160.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:15.343912828228%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 134.03kcal (6.7%), Fat: 3.01g (4.62%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.11g (0.12%), Cholesterol: 73.71mg (24.57%), Sodium: 496.79mg (21.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.99%), Vitamin B1: 1.14mg (75.88%), Selenium: 35.29µg (50.42%), Vitamin B6: 0.92mg (45.88%), Vitamin B3: 7.63mg (38.14%), Phosphorus: 284.85mg (28.49%), Vitamin B2: 0.39mg (23.21%), Zinc: 2.19mg (14.6%), Potassium: 473.6mg (13.53%), Vitamin B5: 0.99mg (9.86%), Vitamin B12: 0.58µg (9.64%), Magnesium: 33.19mg (8.3%), Iron: 1.38mg (7.65%), Copper: 0.12mg (5.85%), Manganese: 0.11mg (5.63%), Vitamin K: 3.86µg (3.67%), Vitamin C: 2.65mg (3.21%), Vitamin E: 0.42mg (2.81%),

Calcium: 21.12mg (2.11%), Fiber: 0.48g (1.93%), Vitamin D: 0.23µg (1.51%)