



Roast Pork with Potatoes and Butternut Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups butternut squash cubed peeled
- ☐ 0.3 cup cooking sherry dry
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound pork tenderloin
- ☐ 2.5 cups potatoes red halved
- ☐ 1.5 teaspoons sage chopped

- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons thyme leaves chopped

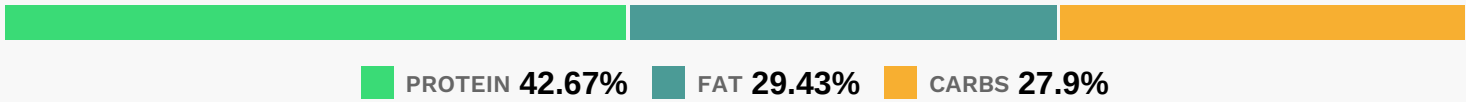
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 42
- ☐ Combine potatoes and butternut squash in an 11 x 7-inch baking dish.
- ☐ Combine 1 tablespoon olive oil, thyme, sage, 1/2 teaspoon salt, and pepper; toss with vegetables. Roast at 425 for 15 minutes.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon olive oil.
- ☐ Sprinkle pork tenderloin with 1/2 teaspoon salt.
- ☐ Add pork to pan; saut 4 minutes. Stir vegetables; add pork and sherry. Roast for 12 minutes or until a thermometer registers 14
- ☐ Remove pork; let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:28.897391194883%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 245.79kcal (12.29%), Fat: 7.69g (11.84%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 14.03g (5.1%), Sugar: 2.29g (2.54%), Cholesterol: 73.71mg (24.57%), Sodium: 361.84mg (15.73%), Alcohol: 1.54g (100%), Alcohol %: 0.78% (100%), Protein: 25.1g (50.2%), Vitamin A: 7482.87IU (149.66%), Copper: 2.49mg (124.71%), Vitamin B1: 1.23mg (81.67%), Vitamin B6: 1.07mg (53.27%), Selenium: 34.97µg (49.95%), Vitamin B3: 8.91mg (44.53%), Phosphorus: 331.22mg (33.12%), Potassium: 925.51mg (26.44%), Vitamin B2: 0.42mg (24.57%), Vitamin C: 19.93mg (24.16%), Manganese: 0.35mg (17.26%), Magnesium: 68.93mg (17.23%), Zinc: 2.43mg (16.19%), Vitamin B5: 1.37mg (13.71%), Iron: 2.22mg (12.34%), Vitamin E: 1.77mg (11.78%), Vitamin B12: 0.59µg (9.83%), Fiber: 2.39g (9.55%), Folate: 27.85µg (6.96%), Calcium: 55.16mg (5.52%), Vitamin K: 4.5µg (4.29%), Vitamin D: 0.34µg (2.27%)