



Roasted Italian Pork Tenderloin

 Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 tablespoon italian-seasoned breadcrumbs
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon onion flakes dried instant
- ☐ 0.8 teaspoon salt

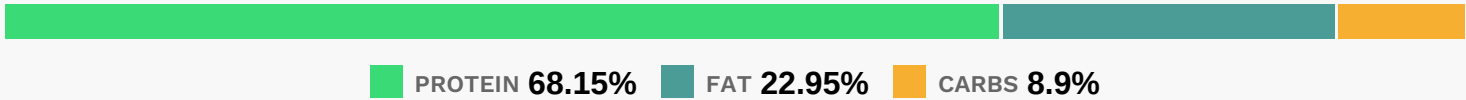
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 6 ingredients in a small bowl; rub over all sides of pork.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add pork and cook 3 minutes; turn and cook 2 minutes on other side or until browned.
- ☐ Wrap handle of pan with foil.
- ☐ Bake at 375 for 18 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Remove from oven, tent with foil, and let stand 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:16.041739095812%

Nutrients (% of daily need)

Calories: 148.22kcal (7.41%), Fat: 3.64g (5.6%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.69g (0.98%), Sugar: 0.61g (0.68%), Cholesterol: 73.73mg (24.58%), Sodium: 530.18mg (23.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.33g (48.65%), Vitamin B1: 1.16mg (77.58%), Selenium: 35.64µg (50.91%), Vitamin B6: 0.91mg (45.53%), Vitamin B3: 7.77mg (38.87%), Phosphorus: 289.83mg (28.98%), Vitamin B2: 0.4mg (23.76%), Zinc: 2.24mg (14.93%), Potassium: 490.25mg (14.01%), Vitamin K: 10.78µg (10.27%), Iron: 1.82mg (10.11%), Vitamin B5: 1mg (9.98%), Vitamin B12: 0.59µg (9.78%), Magnesium: 35.67mg (8.92%), Manganese: 0.14mg (6.8%), Copper: 0.12mg (6.22%), Vitamin E: 0.45mg (3%), Calcium: 25.1mg (2.51%), Fiber: 0.49g (1.94%), Folate: 6.52µg (1.63%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.12mg (1.36%)