



Roasted Pork Loin

READY IN



80 min.

SERVINGS



6

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 750 ml cooking wine dry white such as pinot grigio
- ☐ 3 tablespoons flour all-purpose
- ☐ 6 ounces fontina cut into twelve 1 1/2-by-1-inch slices, each 1/
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 8 ounces mushrooms such as cremini and button, quartered assorted
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion diced

- ☐ 1.5 pound pork tenderloin

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Position a rack in the center of the oven and preheat the oven to 400 degrees F.
- ☐ In a large skillet, heat the olive oil over medium-high heat.
- ☐ Sprinkle the pork on all sides with 2 teaspoons salt and 1 teaspoon pepper. Cook the pork, turning occasionally, until browned on all sides, about 8 minutes.
- ☐ Transfer the pork to a 13-by-9-inch glass or ceramic baking dish.
- ☐ Add the mushrooms, garlic, onions, 1/2 teaspoon salt and 1/4 teaspoon pepper to the skillet and cook, stirring frequently, until the onions are soft, about 8 minutes. Stir in the flour and cook for 1 minute. Increase the heat to high.
- ☐ Add the wine and scrape up the browned bits from the bottom of the pan with a wooden spoon. Bring the mixture to a boil and cook for 2 minutes.
- ☐ Pour the wine mixture into the dish with the pork and bake until a meat thermometer inserted into the thickest part of the pork registers 165 degrees F, 25 to 30 minutes.
- ☐ Transfer the pork to a cutting board and let rest for 15 minutes.
- ☐ Pour the pan juices into a medium saucepan. Stir in the parsley and keep warm over low heat. Season with salt and pepper.
- ☐ Cut the pork into twelve 1/2-inch-thick slices. Arrange in a single layer in the baking dish and place a piece of cheese on each slice.
- ☐ Bake until the cheese is melted, 3 to 4 minutes. Spoon the wine sauce over the top of the pork and serve.

Nutrition Facts

 **PROTEIN 35.41%**  **FAT 53.75%**  **CARBS 10.84%**

Properties

Glycemic Index:39.67, Glycemic Load:3.45, Inflammation Score:-7, Nutrition Score:23.802608946095%

Flavonoids

Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 461.4kcal (23.07%), Fat: 22.02g (33.88%), Saturated Fat: 8.06g (50.38%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 9.12g (3.32%), Sugar: 3.22g (3.58%), Cholesterol: 106.59mg (35.53%), Sodium: 490.06mg (21.31%), Alcohol: 13.06g (100%), Alcohol %: 4.86% (100%), Protein: 32.64g (65.29%), Vitamin B1: 1.2mg (79.87%), Selenium: 43.62µg (62.31%), Vitamin B6: 1.03mg (51.58%), Vitamin B3: 9.32mg (46.58%), Phosphorus: 441.04mg (44.1%), Vitamin K: 39.56µg (37.68%), Vitamin B2: 0.64mg (37.5%), Zinc: 3.55mg (23.68%), Potassium: 720.03mg (20.57%), Calcium: 184.83mg (18.48%), Vitamin B12: 1.08µg (18.02%), Vitamin B5: 1.75mg (17.47%), Magnesium: 54.58mg (13.65%), Manganese: 0.26mg (12.78%), Copper: 0.25mg (12.6%), Iron: 2.1mg (11.68%), Vitamin E: 1.65mg (10.98%), Vitamin A: 430.04IU (8.6%), Vitamin C: 5.12mg (6.21%), Folate: 22.81µg (5.7%), Vitamin D: 0.59µg (3.91%), Fiber: 0.88g (3.51%)