



Roasted Pork Loin with Mushroom Gravy

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



223 kcal

SIDE DISH

Ingredients

- 8 ounce baby bella mushrooms quartered
- 1 package brown gravy mix
- 8 servings rosemary fresh for garnish
- 1 pound pork tenderloins trimmed (2 tenderloins)
- 1 large onion thinly sliced
- 8 servings potatoes mashed for serving, optional
- 8 servings salt and pepper black freshly ground
- 2 tablespoons vegetable oil

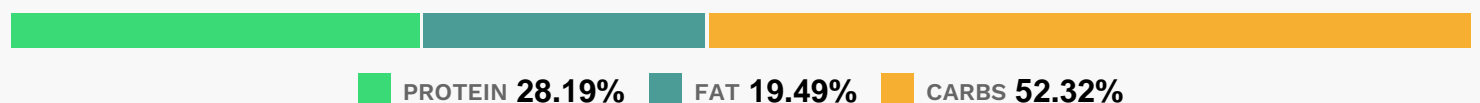
Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Preheat the oven to 400 degrees F. Line a rimmed baking sheet with aluminum foil.
- Sprinkle the pork evenly with salt and pepper. In a large nonstick skillet, heat 1 tablespoon oil over medium-high heat. Cook 1 tenderloin until browned, 2 to 3 minutes on each side.
- Remove the tenderloin and place on the prepared baking sheet and repeat with the remaining tenderloin.
- Place the baking sheet in the oven and bake the tenderloins until desired degree of doneness is reached, about 10 minutes.
- Add the remaining 1 tablespoon oil to the skillet and heat over medium-high heat.
- Add the onions and mushrooms and cook, stirring constantly, until the vegetables are tender, 4 to 5 minutes.
- In a small bowl, combine the gravy mix and 1 1/2 cups cold water, stirring until smooth.
- Add to the onion mixture and cook, stirring constantly, until the gravy is thickened, about 2 minutes.
- Slice the pork and serve with the onion and mushroom gravy.
- Serve with the mashed potatoes, if desired.
- Garnish with fresh rosemary.

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:19.58, Inflammation Score:-3, Nutrition Score:17.928260725477%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 222.71kcal (11.14%), Fat: 4.88g (7.5%), Saturated Fat: 0.99g (6.22%), Carbohydrates: 29.45g (9.82%), Net Carbohydrates: 25.5g (9.27%), Sugar: 2.46g (2.73%), Cholesterol: 36.85mg (12.28%), Sodium: 42.48mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.73%), Vitamin B1: 0.72mg (48.13%), Vitamin B6: 0.94mg (47.02%), Vitamin C: 31.16mg (37.76%), Selenium: 25.38µg (36.26%), Vitamin B3: 6.48mg (32.4%), Potassium: 1020.12mg (29.15%), Phosphorus: 265.82mg (26.58%), Vitamin B2: 0.39mg (22.8%), Copper: 0.37mg (18.32%), Manganese: 0.32mg (16.24%), Fiber: 3.96g (15.82%), Magnesium: 55.32mg (13.83%), Vitamin B5: 1.38mg (13.81%), Zinc: 1.86mg (12.41%), Iron: 1.96mg (10.86%), Folate: 35.76µg (8.94%), Vitamin K: 9.34µg (8.9%), Vitamin B12: 0.32µg (5.29%), Calcium: 33.86mg (3.39%), Vitamin E: 0.43mg (2.84%)