



Roasted Pork Tenderloin



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 1 pound pork tenderloin
- ☐ 0.5 teaspoon salt

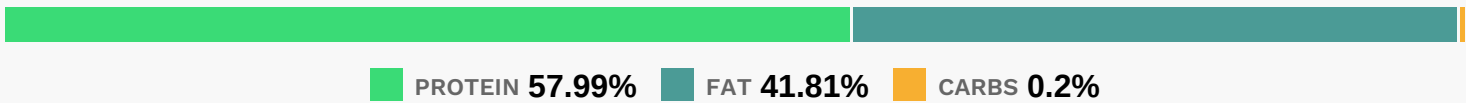
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Sprinkle salt and freshly ground black pepper over pork tenderloin.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add pork to pan; cook 3 minutes, browning on all sides.
- ☐ Bake pork at 400 for 17 minutes or until a thermometer registers 14
- ☐ Let stand 10 minutes; cut across the grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:14.426521698013%

Nutrients (% of daily need)

Calories: 167.33kcal (8.37%), Fat: 7.51g (11.55%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 0.08g (0.03%), Net Carbohydrates: 0.05g (0.02%), Sugar: 0g (0%), Cholesterol: 73.71mg (24.57%), Sodium: 349.75mg (15.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.43g (46.86%), Vitamin B1: 1.11mg (74.25%), Selenium: 34.37µg (49.1%), Vitamin B6: 0.87mg (43.39%), Vitamin B3: 7.5mg (37.49%), Phosphorus: 275.75mg (27.58%), Vitamin B2: 0.38mg (22.49%), Zinc: 2.12mg (14.15%), Potassium: 447.41mg (12.78%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.95mg (9.51%), Magnesium: 30.84mg (7.71%), Iron: 1.13mg (6.3%), Copper: 0.1mg (5.14%), Vitamin E: 0.75mg (5.03%), Vitamin D: 0.34µg (2.27%), Vitamin K: 2.31µg (2.2%), Manganese: 0.03mg (1.63%)