



Roasted Pork Tenderloin with Sage Corn Bread Crust

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 corn toaster cakes crumbled
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon sage fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 1 lb pork tenderloin

- ☐ 2 teaspoons salt
- ☐ 1 tablespoon butter unsalted

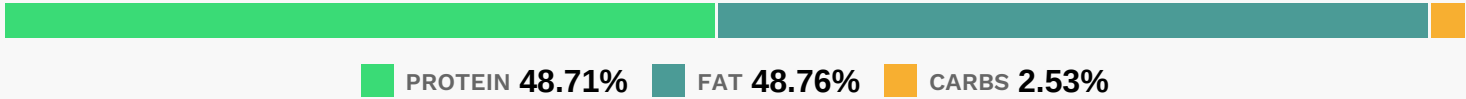
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 425°F.
- ☐ Pat pork dry and sprinkle with salt and pepper.
- ☐ Heat oil in a 10-inch nonstick skillet over high heat until hot but not smoking, then brown pork, turning, about 4 minutes.
- ☐ Transfer to an oiled shallow baking pan.
- ☐ Add butter to skillet and cook garlic over moderate heat, stirring, until fragrant, about 30 seconds.
- ☐ Remove pan from heat and stir in crumbs, sage, and salt and pepper to taste.
- ☐ Spread mustard over pork and pat half of seasoned crumbs onto mustard, then sprinkle with remaining seasoned crumbs. Roast in middle of oven until an instant-read thermometer inserted diagonally 2 inches into meat registers 155°F, 20 to 25 minutes. (Check after 15 minutes to see if crumbs are getting too dark; if they are, tent loosely with foil.)
- ☐ Transfer to a cutting board, then tent loosely with foil and let stand 10 minutes before slicing (temperature will rise to 160°F).

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:18.903913174634%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 200.76kcal (10.04%), Fat: 10.64g (16.37%), Saturated Fat: 3.66g (22.87%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.15g (0.16%), Cholesterol: 81.23mg (27.08%), Sodium: 1305mg (56.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.92g (47.85%), Copper: 1.63mg (81.58%), Vitamin B1: 1.13mg (75.54%), Selenium: 37.17µg (53.11%), Vitamin B6: 0.89mg (44.64%), Vitamin B3: 7.56mg (37.8%), Phosphorus: 287.76mg (28.78%), Vitamin B2: 0.39mg (23.02%), Zinc: 2.21mg (14.72%), Potassium: 470.58mg (13.45%), Vitamin B12: 0.6µg (9.93%), Vitamin B5: 0.99mg (9.92%), Magnesium: 36.1mg (9.03%), Manganese: 0.16mg (7.89%), Iron: 1.36mg (7.54%), Vitamin E: 0.87mg (5.77%), Vitamin K: 2.9µg (2.76%), Vitamin D: 0.39µg (2.62%), Calcium: 20.24mg (2.02%), Vitamin A: 97.88IU (1.96%), Fiber: 0.47g (1.86%)