



## Roasted Pork Tenderloin with Vegetables

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon vegetable oil
- 1 lb pork tenderloin
- 2 teaspoons highest available proof grain spirit
- 2 medium yukon gold potatoes peeled
- 1 lb zucchini
- 1.5 cups onion whole frozen (from 1-lb bag)
- 2 tablespoons butter melted
- 0.5 teaspoon thyme leaves dried

0.3 teaspoon salt

## Equipment

frying pan

oven

kitchen thermometer

## Directions

Heat oven to 425°F. Rub oil over pork; sprinkle with garlic-pepper blend. In ungreased 15x10x1-inch pan, place pork. Insert ovenproof meat thermometer horizontally into center of thickest part of pork.

Cut potatoes and zucchini in half lengthwise. Arrange potatoes, zucchini and onions around pork.

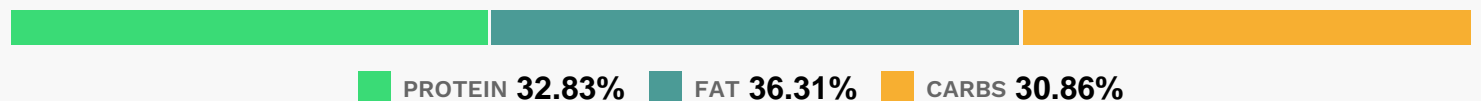
Drizzle butter over vegetables; sprinkle with thyme and salt.

Roast uncovered 30 to 40 minutes or until thermometer reads 160°F.

Cut pork into thin slices.

Serve with vegetables.

## Nutrition Facts



## Properties

Glycemic Index:56.69, Glycemic Load:13.43, Inflammation Score:-8, Nutrition Score:25.625652043716%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.52mg, Quercetin: 13.52mg, Quercetin: 13.52mg, Quercetin: 13.52mg

## Nutrients (% of daily need)

Calories: 334.24kcal (16.71%), Fat: 13.57g (20.87%), Saturated Fat: 3.17g (19.84%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 21.74g (7.9%), Sugar: 6.1g (6.78%), Cholesterol: 73.71mg (24.57%), Sodium: 287.09mg (12.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.21%), Vitamin B1: 1.26mg (84.26%), Vitamin B6: 1.39mg (69.31%), Vitamin C: 41.9mg (50.78%), Selenium: 35.21µg (50.3%), Vitamin B3: 9.14mg (45.72%), Phosphorus: 397.04mg (39.7%), Potassium: 1202.09mg (34.35%), Vitamin B2: 0.54mg (31.9%), Manganese: 0.46mg (23.07%), Magnesium: 81.56mg (20.39%), Zinc: 2.98mg (19.89%), Fiber: 4.21g (16.85%), Vitamin B5: 1.54mg (15.39%), Copper: 0.29mg (14.53%), Folate: 54.74µg (13.68%), Iron: 2.4mg (13.35%), Vitamin K: 13.03µg (12.41%), Vitamin B12: 0.6µg (9.94%), Vitamin A: 494.7IU (9.89%), Vitamin E: 0.92mg (6.14%), Calcium: 52.67mg (5.27%), Vitamin D: 0.34µg (2.27%)