



Roasted Pork Tenderloin with Vegetables

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 1.5 cups onion whole frozen (from 1-lb bag)
- 2 teaspoons garlic
- 1 lb pork tenderloin
- 0.3 teaspoon salt
- 0.5 teaspoon thyme leaves dried
- 1 tablespoon vegetable oil
- 2 medium yukon gold potatoes peeled

1 lb zucchini

Equipment

frying pan

oven

kitchen thermometer

Directions

Heat oven to 425F. 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.

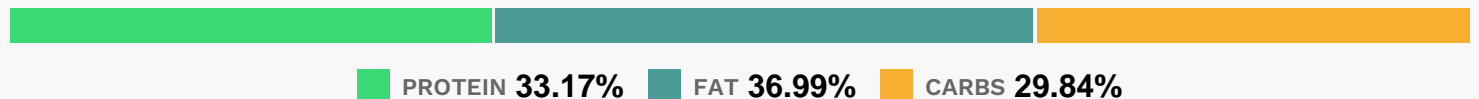
Drizzle butter over vegetables; sprinkle with thyme and salt.

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

Cut pork into thin slices.

Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:50.19, Glycemic Load:12.62, Inflammation Score:-8, Nutrition Score:25.420869495558%

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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.55mg, Quercetin: 13.55mg, Quercetin: 13.55mg, Quercetin: 13.55mg

Nutrients (% of daily need)

Calories: 327.68kcal (16.38%), Fat: 13.55g (20.84%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 20.51g (7.46%), Sugar: 6.06g (6.73%), Cholesterol: 73.71mg (24.57%), Sodium: 287.17mg (12.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.68%), Vitamin B1: 1.26mg (84.27%), Vitamin B6: 1.4mg (69.76%), Vitamin C: 42.37mg (51.35%), Selenium: 35.35µg (50.51%), Vitamin B3: 8.99mg (44.95%), Phosphorus: 388.67mg (38.87%), Potassium: 1197.58mg (34.22%), Vitamin B2: 0.54mg (31.62%), Manganese: 0.45mg (22.69%), Magnesium: 77.57mg (19.39%), Zinc: 2.85mg (19.03%), Fiber: 4.09g (16.36%), Vitamin B5: 1.52mg (15.22%), Copper: 0.28mg (14.11%), Iron: 2.38mg (13.22%), Folate: 52.44µg (13.11%), Vitamin K: 13.01µg (12.39%), Vitamin B12: 0.6µg (9.94%), Vitamin A: 494.37IU (9.89%), Vitamin E: 0.9mg (6.02%), Calcium: 54.87mg (5.49%), Vitamin D: 0.34µg (2.27%)