



Roasted Pork Tenderloins and Vegetables

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ears corn frozen
- 3 medium size sweet potatoes and into peeled cut into 1 1/2-inch pieces
- 1 large onion cut into 8 to 12 wedges
- 1.5 lb pork tenderloin
- 0.7 cup apple jelly
- 2 tablespoons vegetable oil
- 2 teaspoons ground mustard dry
- 1 teaspoon marjoram dried

- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 serving flat parsley italian

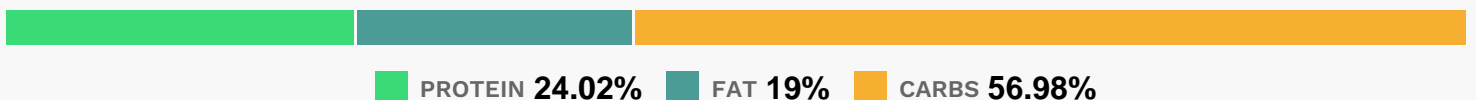
Equipment

- bowl
- frying pan
- sauce pan
- oven
- kitchen thermometer

Directions

- Heat oven to 450°F.
- Place corn in large bowl of warm water to partially thaw. In ungreased 15x10x1-inch pan, arrange sweet potatoes and onion around sides.
- In 1-quart saucepan, mix glaze ingredients. Cook over low heat, stirring constantly, until melted and smooth.
- Brush about half of glaze over vegetables. Roast uncovered 25 minutes.
- Remove vegetables from oven. Turn vegetables in pan.
- Remove corn from water; place in pan with vegetables.
- Place pork tenderloins in center of pan.
- Brush pork and all vegetables with remaining glaze.
- Return to oven; roast uncovered 25 to 30 minutes longer or until vegetables are tender, and pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F. Slice pork. Arrange pork and vegetables on platter.
- Garnish with Italian parsley.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:25.84, Inflammation Score:-10, Nutrition Score:30.30347807511%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 469.64kcal (23.48%), Fat: 10.11g (15.55%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 68.22g (22.74%), Net Carbohydrates: 62.06g (22.57%), Sugar: 29.79g (33.1%), Cholesterol: 73.71mg (24.57%), Sodium: 341.99mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.75g (57.51%), Vitamin A: 16260.55IU (325.21%), Vitamin B1: 1.36mg (90.99%), Vitamin B6: 1.23mg (61.43%), Selenium: 37.85µg (54.07%), Vitamin B3: 9.8mg (49.01%), Phosphorus: 429.28mg (42.93%), Potassium: 1145.07mg (32.72%), Vitamin B2: 0.54mg (31.68%), Manganese: 0.53mg (26.54%), Vitamin B5: 2.55mg (25.46%), Magnesium: 99.18mg (24.8%), Fiber: 6.16g (24.65%), Vitamin K: 21.95µg (20.9%), Zinc: 2.99mg (19.92%), Copper: 0.37mg (18.72%), Vitamin C: 14.95mg (18.12%), Folate: 61.29µg (15.32%), Iron: 2.62mg (14.57%), Vitamin B12: 0.59µg (9.83%), Vitamin E: 1.07mg (7.12%), Calcium: 59.32mg (5.93%), Vitamin D: 0.34µg (2.27%)