



Roasted Pork Tenderloins and Vegetables



Gluten Free



Dairy Free



Popular

READY IN



75 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup apple jelly
- ☐ 6 ears corn frozen
- ☐ 2 teaspoons ground mustard dry
- ☐ 1 teaspoon marjoram dried
- ☐ 1 large onion cut into 8 to 12 wedges
- ☐ 6 servings flat parsley italian
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 lb pork tenderloin

- ☐ 0.5 teaspoon salt
- ☐ 3 medium size sweet potatoes and into peeled cut into 1 1/2-inch pieces
- ☐ 2 tablespoons vegetable oil

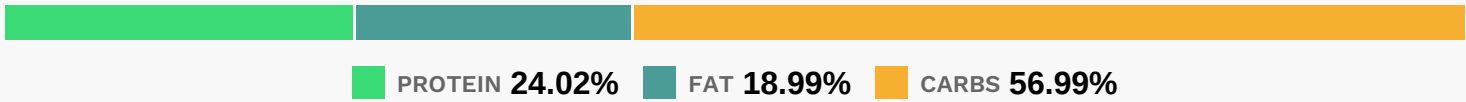
Equipment

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

Directions

- ☐ Heat oven to 450F.
- ☐ 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 160F. Slice pork. Arrange pork and vegetables on platter.
- ☐ Garnish with Italian parsley.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:25.87, Inflammation Score:-10, Nutrition Score:33.07304359519%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 470.84kcal (23.54%), Fat: 10.14g (15.59%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 68.43g (22.81%), Net Carbohydrates: 62.16g (22.6%), Sugar: 29.82g (33.13%), Cholesterol: 73.71mg (24.57%), Sodium: 343.85mg (14.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.7%), Vitamin A: 16541.35IU (330.83%), Vitamin B1: 1.37mg (91.18%), Vitamin K: 76.62µg (72.97%), Vitamin B6: 1.23mg (61.58%), Selenium: 37.85µg (54.08%), Vitamin B3: 9.85mg (49.23%), Phosphorus: 431.22mg (43.12%), Potassium: 1163.53mg (33.24%), Vitamin B2: 0.54mg (31.88%), Manganese: 0.54mg (26.81%), Vitamin B5: 2.56mg (25.59%), Magnesium: 100.85mg (25.21%), Fiber: 6.27g (25.09%), Vitamin C: 19.38mg (23.49%), Zinc: 3.02mg (20.16%), Copper: 0.38mg (18.97%), Folate: 66.36µg (16.59%), Iron: 2.83mg (15.72%), Vitamin B12: 0.59µg (9.83%), Vitamin E: 1.09mg (7.28%), Calcium: 63.92mg (6.39%), Vitamin D: 0.34µg (2.27%)