



# Roasted Pork Tenderloins with Sweet Potatoes and Pears

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb pork tenderloin
- 2 teaspoons rosemary leaves fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon sage dried crushed
- 0.3 teaspoon pepper black
- 1 lb rum peeled cut into 1 1/2-inch pieces
- 2 small pears firm ripe unpeeled cut into 6 wedges

- 1 medium onion sweet halved cut into thin wedges
- 1 tablespoon olive oil
- 1 leaves sage fresh

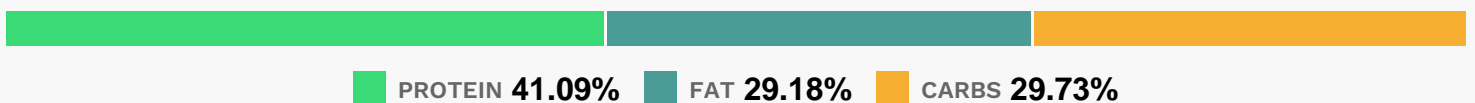
## Equipment

- bowl
- frying pan
- oven
- kitchen thermometer
- aluminum foil

## Directions

- Heat oven to 450°F. Spray 15x10x1-inch pan with cooking spray.
- Place pork tenderloin in pan. In small bowl, mix rosemary, salt, sage and pepper. Rub half of seasoning mixture on pork.
- In medium bowl, toss sweet potato, pears and onion with oil until coated.
- Sprinkle with remaining seasoning mixture; toss.
- Place vegetables around pork.
- Bake 25 to 30 minutes, stirring vegetables and pears gently once or twice during baking, until pork has slight blush of pink in center and meat thermometer inserted in center reads 145°F, and vegetables are tender.
- Remove from oven; cover with foil and let stand 3 minutes before slicing.
- Cut pork into 1/2-inch slices.
- Serve with vegetables.
- Garnish with fresh sage leaves.

## Nutrition Facts



## Properties

Glycemic Index:20.94, Glycemic Load:3.31, Inflammation Score:-7, Nutrition Score:19.587826022635%

## Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

## Nutrients (% of daily need)

Calories: 498.38kcal (24.92%), Fat: 7.69g (11.84%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 14.53g (5.29%), Sugar: 11.37g (12.63%), Cholesterol: 73.71mg (24.57%), Sodium: 358.27mg (15.58%), Alcohol: 37.88g (100%), Alcohol %: 12.35% (100%), Protein: 24.37g (48.74%), Vitamin B1: 1.16mg (77.61%), Copper: 1.02mg (51.12%), Vitamin B6: 1mg (49.91%), Selenium: 34.85µg (49.79%), Vitamin B3: 7.74mg (38.71%), Phosphorus: 311.64mg (31.16%), Vitamin B2: 0.42mg (24.89%), Potassium: 635.43mg (18.16%), Zinc: 2.36mg (15.7%), Fiber: 3.1g (12.38%), Magnesium: 43.95mg (10.99%), Vitamin B5: 1.07mg (10.69%), Vitamin B12: 0.59µg (9.83%), Manganese: 0.18mg (8.89%), Vitamin C: 7.16mg (8.68%), Iron: 1.56mg (8.67%), Folate: 24.29µg (6.07%), Vitamin E: 0.86mg (5.73%), Vitamin K: 5.82µg (5.54%), Calcium: 32.65mg (3.26%), Vitamin D: 0.34µg (2.27%)