



Roasted Pork Tenderloins with Sweet Potatoes and Pears



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 1 leaves sage fresh
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon olive oil
- ☐ 2 small pears firm ripe unpeeled cut into 6 wedges
- ☐ 1 lb pork tenderloin
- ☐ 0.5 teaspoon sage dried crushed

- ☐ 0.5 teaspoon salt
- ☐ 1 medium onion sweet halved cut into thin wedges
- ☐ 1 lb sweet potatoes and into peeled cut into 1 1/2-inch pieces

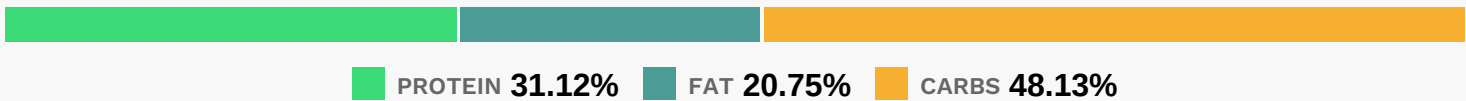
Equipment

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

Directions

- ☐ Heat oven to 450F. 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 145F, 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:31.69, Glycemic Load:14.57, Inflammation Score:-10, Nutrition Score:28.735217633455%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 12.65mg, Quercetin: 12.65mg, Quercetin: 12.65mg, Quercetin: 12.65mg

Nutrients (% of daily need)

Calories: 333.96kcal (16.7%), Fat: 7.75g (11.92%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 33.95g (12.34%), Sugar: 16.11g (17.9%), Cholesterol: 73.71mg (24.57%), Sodium: 419.5mg (18.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.3%), Vitamin A: 16111.53IU (322.23%), Vitamin B1: 1.25mg (83.05%), Vitamin B6: 1.23mg (61.7%), Copper: 1.17mg (58.49%), Selenium: 35.53µg (50.76%), Vitamin B3: 8.36mg (41.79%), Phosphorus: 360.4mg (36.04%), Potassium: 1015.32mg (29.01%), Vitamin B2: 0.49mg (28.69%), Fiber: 6.5g (25.99%), Manganese: 0.45mg (22.5%), Vitamin B5: 1.98mg (19.76%), Magnesium: 72.3mg (18.08%), Zinc: 2.65mg (17.67%), Iron: 2.21mg (12.26%), Vitamin C: 9.89mg (11.98%), Vitamin B12: 0.59µg (9.83%), Folate: 36.76µg (9.19%), Vitamin E: 1.15mg (7.7%), Vitamin K: 7.86µg (7.48%), Calcium: 66.67mg (6.67%), Vitamin D: 0.34µg (2.27%)