



Rosemary and Garlic-Roasted Pork Tenderloin



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 lb pork tenderloin

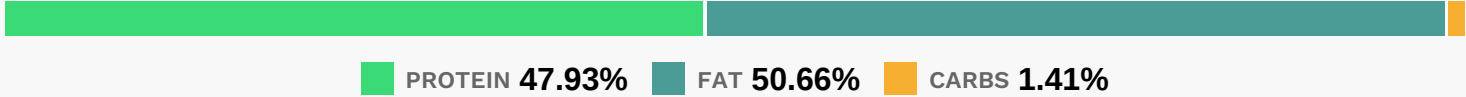
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 42
- ☐ Cut pork tenderloin in half crosswise.
- ☐ Mix garlic, rosemary, cumin, salt, and pepper and rub mixture all over pork.
- ☐ Heat oil in a medium ovenproof frying pan over high heat.
- ☐ Add pork and cook, turning as needed, until outside is completely seared, about 3 minutes total.
- ☐ Put pan in oven and roast pork until done the way you like, about 10 minutes for medium (150 on an instant-read thermometer).
- ☐ Let rest 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:15.007391274299%

Flavonoids

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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 201.51kcal (10.08%), Fat: 11.07g (17.04%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.02g (0.02%), Cholesterol: 73.71mg (24.57%), Sodium: 350.51mg (15.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.14%), Vitamin B1: 1.12mg (74.55%), Selenium: 34.59µg (49.42%), Vitamin B6: 0.89mg (44.39%), Vitamin B3: 7.52mg (37.6%), Phosphorus: 279.33mg (27.93%), Vitamin B2: 0.38mg (22.64%), Zinc: 2.15mg (14.35%), Potassium: 458.26mg (13.09%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.96mg (9.6%), Vitamin E: 1.27mg (8.46%), Magnesium: 32.17mg (8.04%), Iron: 1.35mg (7.49%), Copper: 0.11mg

(5.48%), Vitamin K: 4.46µg (4.25%), Manganese: 0.07mg (3.32%), Vitamin D: 0.34µg (2.27%), Calcium: 12.81mg (1.28%)