



Rosemary and Pepper-Crusted Pork Tenderloin



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



130 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon celery seeds crushed
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pound pork tenderloin trimmed

☐ 2 teaspoons cracked pepper black

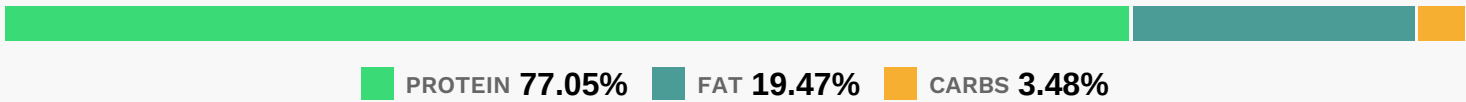
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 6 ingredients; rub over pork.
- ☐ Place pork in a shallow roasting pan coated with cooking spray.
- ☐ Bake at 425 for 30 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Let stand 5 minutes; cut into thin slices.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:17.00521738892%

Flavonoids

Apigenin: 4.51mg, Apigenin: 4.51mg, Apigenin: 4.51mg, Apigenin: 4.51mg Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 130.03kcal (6.5%), Fat: 2.7g (4.16%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.04g (0.05%), Cholesterol: 73.71mg (24.57%), Sodium: 352.77mg (15.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.07g (48.14%), Vitamin B1: 1.14mg (75.9%), Selenium: 35.53µg (50.76%), Vitamin B6: 0.89mg (44.53%), Vitamin B3: 7.65mg (38.26%), Vitamin K: 34.45µg (32.81%), Phosphorus: 287.51mg (28.75%), Vitamin B2: 0.39mg (23.17%), Zinc: 2.22mg (14.8%), Potassium: 486.71mg (13.91%), Vitamin B5: 0.98mg (9.83%), Vitamin B12: 0.58µg (9.64%), Manganese: 0.19mg (9.52%), Magnesium: 36.38mg (9.09%), Iron:

1.52mg (8.47%), Copper: 0.13mg (6.32%), Vitamin A: 175.28IU (3.51%), Vitamin C: 2.79mg (3.38%), Calcium: 21.43mg (2.14%), Fiber: 0.49g (1.96%), Vitamin E: 0.29mg (1.93%), Vitamin D: 0.23µg (1.51%)