



Rosemary Pork Tenderloin

READY IN



130 min.

SERVINGS



8

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 8 servings biscuits toasted for serving cut in half and ,
- 3 tablespoons coarse grain mustard
- 1 tablespoon mustard dry
- 0.3 cup parsley leaves fresh
- 0.3 cup rosemary fresh crushed
- 1 tablespoon garlic minced
- 1 teaspoon ground pepper
- 1 juice of lemon

- 0.5 cup olive oil good
- 2 tablespoons olive oil
- 3 pounds pork tenderloins
- 0.5 cup red wine vinegar
- 1 teaspoon salt
- 2 cups rough (with the pork...red onions, sweet potatoes and carrots are 3 i've tried and been greatly pleased!) chopped fine

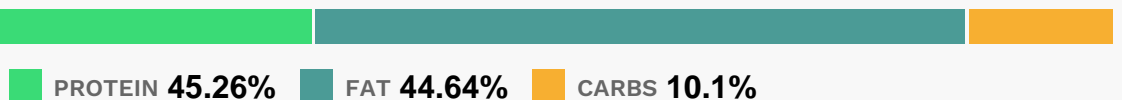
Equipment

- frying pan
- oven
- whisk
- ziploc bags

Directions

- Whisk together the olive oil, red wine vinegar, parsley, rosemary, grain mustard, dry mustard, garlic, salt, pepper lemon juice.
- Pour over the tenderloins in a plastic bag and allow to marinate in the fridge for anywhere between 1 hour and overnight.
- Preheat the oven to 375 degrees F.
- After marinating, sear the tenderloins in the butter and olive oil.
- Add the root vegetables and baste them in the sauce. Cover and place in the oven for 25 minutes.
- Slice the pork into medallions and serve with the sauce from the bottom of the pan.
- Serve with hot buttermilk biscuits.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:2.73, Inflammation Score:-6, Nutrition Score:26.929999942365%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 328.04kcal (16.4%), Fat: 15.9g (24.46%), Saturated Fat: 4.77g (29.81%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 5.83g (2.12%), Sugar: 1.89g (2.1%), Cholesterol: 118.1mg (39.37%), Sodium: 479.22mg (20.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.28g (72.55%), Vitamin B1: 1.73mg (115.17%), Selenium: 56.25µg (80.36%), Vitamin B6: 1.36mg (67.92%), Vitamin B3: 11.63mg (58.15%), Phosphorus: 460.47mg (46.05%), Vitamin K: 42.81µg (40.77%), Vitamin B2: 0.61mg (35.6%), Potassium: 844.31mg (24.12%), Zinc: 3.52mg (23.49%), Vitamin B5: 1.68mg (16.83%), Manganese: 0.33mg (16.33%), Magnesium: 64.96mg (16.24%), Vitamin B12: 0.89µg (14.86%), Iron: 2.37mg (13.17%), Vitamin E: 1.94mg (12.96%), Vitamin C: 10.25mg (12.43%), Copper: 0.22mg (10.79%), Fiber: 2.27g (9.07%), Folate: 29.49µg (7.37%), Vitamin A: 279.46IU (5.59%), Calcium: 38.92mg (3.89%), Vitamin D: 0.51µg (3.4%)