



 **57%**  
HEALTH SCORE

## Rosemary Pork Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



**115 min.**

SERVINGS



**6**

CALORIES



**805 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons pepper black freshly ground
- 0.3 cup dijon mustard
- 5 large garlic cloves minced smashed
- 4 slices maple bacon
- 2 pork tenderloins
- 1 tablespoon freshly rosemary leaves with hard woody stems chopped

### Equipment

- bowl

- oven
- whisk
- plastic wrap
- roasting pan
- kitchen thermometer
- cutting board
- kitchen twine

## Directions

- In a small bowl, whisk together the Dijon mustard, fresh ground black pepper, chopped rosemary, and minced garlic and mix well. Rub the mustard mixture over the surface of the tenderloins and wrap in plastic wrap. Marinate in the refrigerator for 1 hour.
- Preheat oven to 375 degrees F.
- Place rosemary sprigs and smashed garlic in the center of a roasting pan.
- Remove the plastic wrap from the tenderloins and top each with 2 slices of maple bacon. Tie with kitchen twine to secure bacon strips.
- Place the roasting pan in the oven and bake for 25 to 30 minutes or until an instant-read thermometer, inserted in the tenderloins, registers 160 degrees F.
- Remove from oven when desired doneness is reached and let sit for 5 to 10 minutes on a cutting board.
- Remove kitchen twine, slice and serve with your favorite sides.
- Garnish with the rosemary sprigs and garlic. Enjoy!

## Nutrition Facts

 **PROTEIN 66.02%**  **FAT 32.3%**  **CARBS 1.68%**

## Properties

Glycemic Index:27.33, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:44.601739245912%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 805.05kcal (40.25%), Fat: 27.76g (42.71%), Saturated Fat: 9.18g (57.38%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.23g (0.26%), Cholesterol: 402.71mg (134.24%), Sodium: 564.68mg (24.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 127.69g (255.37%), Vitamin B1: 6.01mg (400.89%), Selenium: 191.33µg (273.33%), Vitamin B6: 4.72mg (235.84%), Vitamin B3: 40.68mg (203.4%), Phosphorus: 1512.62mg (151.26%), Vitamin B2: 2.07mg (121.56%), Zinc: 11.63mg (77.55%), Potassium: 2465.92mg (70.45%), Vitamin B12: 3.22µg (53.63%), Vitamin B5: 5.23mg (52.27%), Magnesium: 176.44mg (44.11%), Iron: 6.48mg (36%), Copper: 0.59mg (29.52%), Manganese: 0.45mg (22.35%), Vitamin D: 1.87µg (12.48%), Vitamin E: 1.46mg (9.76%), Calcium: 63.38mg (6.34%), Fiber: 1.3g (5.18%), Vitamin K: 3.52µg (3.36%), Vitamin C: 1.04mg (1.26%)