



Slow Cooker Garlic and Herb Pork Tenderloin



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



265 min.

SERVINGS



4

CALORIES



932 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 garlic and herb pork tenderloin
- ☐ 6 large potatoes red
- ☐ 1 cup water

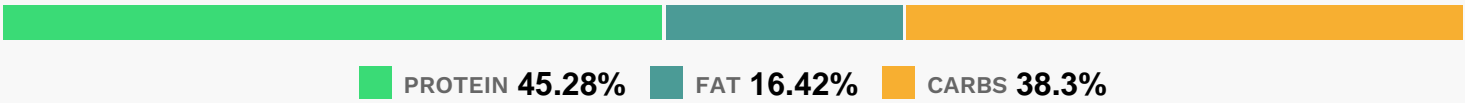
Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ slow cooker

Directions

- ☐ Preheat an outdoor grill for high heat, and lightly oil the grate.
- ☐ Grill pork tenderloin until seared on each side, 2 to 3 minutes per side.
- ☐ Transfer tenderloin to a slow cooker; add potatoes, green beans, and water.
- ☐ Cook tenderloin in slow cooker set to Low until pork is slightly pink in the center, about 4 hours. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C). Season with salt and ground black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:53.548695823421%

Flavonoids

Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 931.9kcal (46.6%), Fat: 16.79g (25.83%), Saturated Fat: 5.55g (34.69%), Carbohydrates: 88.07g (29.36%), Net Carbohydrates: 78.64g (28.59%), Sugar: 7.14g (7.93%), Cholesterol: 294.77mg (98.26%), Sodium: 338.43mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 104.12g (208.24%), Vitamin B1: 4.9mg (326.79%), Vitamin B6: 4.41mg (220.53%), Selenium: 140.18µg (200.26%), Vitamin B3: 36.34mg (181.69%), Phosphorus: 1439.8mg (143.98%), Potassium: 4302.01mg (122.91%), Vitamin B2: 1.7mg (100%), Zinc: 10.31mg (68.76%), Magnesium: 244.98mg (61.24%), Copper: 1.16mg (57.8%), Vitamin C: 47.6mg (57.7%), Vitamin B5: 5.34mg (53.41%), Iron: 8.45mg (46.94%), Manganese: 0.86mg (42.83%), Vitamin B12: 2.36µg (39.3%), Fiber: 9.43g (37.74%), Folate: 99.65µg (24.91%), Vitamin K: 16.22µg (15.44%), Vitamin D: 1.36µg (9.07%), Calcium: 84.78mg (8.48%), Vitamin E: 1.05mg (7.03%)