



Southern Pork Tenderloin



Dairy Free

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READY IN

ready

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25 min.

SERVINGS

servings

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4

CALORIES

calories

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380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon onion powder
- ☐ 2 cups panko bread crumbs
- ☐ 1 tablespoon parsley flakes
- ☐ 1 pound pork tenderloin

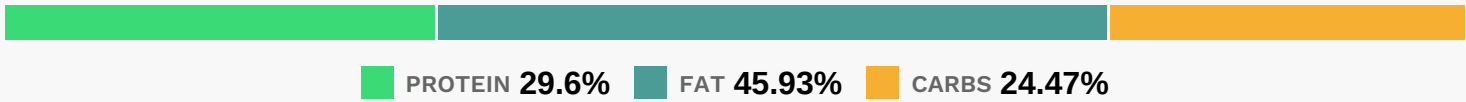
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Stir panko bread crumbs, parsley flakes, garlic powder, onion powder, and black pepper together in a bowl. Dip tenderloin slices in the crumb mixture to coat both sides.
- ☐ Heat olive oil over medium-high heat in a skillet and fry the pork until the crumb coating is browned and the pork is no longer pink inside, 2 to 3 minutes per side. An instant-read meat thermometer inserted into the center of the pork should read at least 145 degrees F (65 degrees C).

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:20.933478240086%

Flavonoids

Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin: 22.53mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg

Nutrients (% of daily need)

Calories: 380.19kcal (19.01%), Fat: 19.14g (29.44%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 21.26g (7.73%), Sugar: 1.95g (2.17%), Cholesterol: 73.71mg (24.57%), Sodium: 281.96mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.76g (55.51%), Vitamin B1: 1.41mg (94.03%), Selenium: 42.25µg (60.36%), Vitamin B3: 9.55mg (47.73%), Vitamin B6: 0.93mg (46.25%), Phosphorus: 332.35mg (33.23%), Vitamin B2: 0.52mg (30.4%), Manganese: 0.39mg (19.32%), Zinc: 2.63mg (17.52%), Vitamin K: 17.34µg (16.51%), Iron: 2.82mg (15.67%), Potassium: 535.2mg (15.29%), Vitamin E: 2.27mg (15.14%), Magnesium: 47.09mg (11.77%), Vitamin B12: 0.69µg (11.58%), Vitamin B5: 1.13mg (11.33%), Copper: 0.19mg (9.58%), Folate: 33.72µg (8.43%), Calcium: 71.16mg (7.12%), Fiber: 1.69g (6.76%), Vitamin D: 0.34µg (2.27%)