



## Spanish Pork Tenderloin with Olives

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 bay leaves
- 1 cup bell pepper strips green
- 1 cup bell pepper strips red
- 1 teaspoon pepper black
- 0.5 teaspoon basil dried
- 0.5 teaspoon thyme leaves dried
- 0.5 cup flour all-purpose
- 3 garlic cloves sliced

- 0.1 teaspoon ground allspice
- 1.5 pounds pork tenderloin trimmed cut into 1/4-inch-thick slices
- 4 teaspoons olive oil divided
- 1 pound onion vertically sliced
- 0.8 teaspoon oregano dried
- 0.7 cup pimiento-stuffed olives sliced
- 5 ounce rice yellow (such as Bella)
- 0.3 teaspoon salt
- 1 tablespoon sugar
- 0.7 cup citrus champagne vinegar

## Equipment

- frying pan
- knife
- ziploc bags
- measuring cup

## Directions

- Cook the rice according to package directions, omitting fat; keep warm.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and the next 6 ingredients (flour through pork) in a large zip-top plastic bag. Seal and shake to coat.
- Heat 2 teaspoons oil in a large heavy skillet.
- Add half of pork; cook 4 minutes on each side or until done.
- Remove pork from pan. Repeat procedure with 2 teaspoons oil and remaining pork.
- Add the vinegar to skillet, stirring to loosen browned bits.
- Add onion and remaining ingredients, and simmer 8 minutes or until tender. Return pork to pan; cover and cook 5 minutes or until mixture is thoroughly heated. Discard bay leaves.
- Serve over rice.

# Nutrition Facts

PROTEIN 32.64% FAT 20.68% CARBS 46.68%

## Properties

Glycemic Index:59.55, Glycemic Load:20.65, Inflammation Score:-9, Nutrition Score:26.069565658984%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg

## Nutrients (% of daily need)

Calories: 352.06kcal (17.6%), Fat: 7.93g (12.2%), Saturated Fat: 1.6g (10%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 36.64g (13.32%), Sugar: 7.01g (7.79%), Cholesterol: 73.71mg (24.57%), Sodium: 399.89mg (17.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.33%), Vitamin B1: 1.3mg (86.66%), Vitamin C: 58.06mg (70.37%), Selenium: 42.83µg (61.18%), Vitamin B6: 1.17mg (58.66%), Vitamin B3: 9.1mg (45.48%), Phosphorus: 358.33mg (35.83%), Manganese: 0.62mg (30.87%), Vitamin B2: 0.51mg (29.77%), Potassium: 731.18mg (20.89%), Vitamin A: 946.28IU (18.93%), Zinc: 2.75mg (18.36%), Iron: 2.72mg (15.09%), Vitamin B5: 1.46mg (14.61%), Fiber: 3.63g (14.53%), Magnesium: 57.13mg (14.28%), Folate: 51.05µg (12.76%), Copper: 0.25mg (12.68%), Vitamin E: 1.8mg (12.01%), Vitamin K: 10.21µg (9.72%), Vitamin B12: 0.58µg (9.64%), Calcium: 57.69mg (5.77%), Vitamin D: 0.23µg (1.51%)