



Spice-Rubbed Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon allspice freshly ground
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.3 teaspoon nutmeg freshly ground

- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

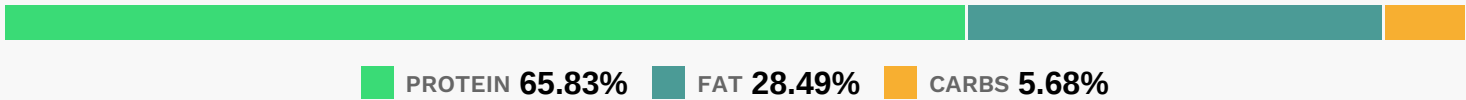
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 9 ingredients; rub over pork.
- ☐ Let stand 20 minutes.
- ☐ Heat oil in a medium ovenproof skillet over medium-high heat.
- ☐ Add pork to pan; cook 4 minutes, browning on all sides.
- ☐ Bake at 350 for 15 minutes or until a thermometer registers 155 (slightly pink), turning after 7 minutes.
- ☐ Let stand 10 minutes.
- ☐ Cut pork crosswise into 1/2-inch-thick slices.

Nutrition Facts



Properties

Glycemic Index:50.52, Glycemic Load:0.78, Inflammation Score:-2, Nutrition Score:14.984782556477%

Nutrients (% of daily need)

Calories: 150.55kcal (7.53%), Fat: 4.61g (7.09%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.07g (1.19%), Cholesterol: 73.71mg (24.57%), Sodium: 351.98mg (15.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.93%), Vitamin B1: 1.14mg (75.85%), Selenium: 35.15µg (50.21%), Vitamin B6: 0.9mg (44.87%), Vitamin B3: 7.62mg (38.08%), Phosphorus: 285.38mg (28.54%), Vitamin B2:

0.39mg (23%), Zinc: 2.19mg (14.61%), Potassium: 471.33mg (13.47%), Vitamin B5: 0.97mg (9.65%), Vitamin B12: 0.58µg (9.64%), Magnesium: 32.99mg (8.25%), Iron: 1.45mg (8.04%), Copper: 0.11mg (5.62%), Vitamin E: 0.58mg (3.85%), Manganese: 0.07mg (3.62%), Vitamin K: 2.38µg (2.27%), Vitamin D: 0.23µg (1.51%), Calcium: 13.21mg (1.32%), Fiber: 0.28g (1.12%)