



Spinach, Pesto, and Feta-Stuffed Pork Tenderloin with Chunky Tomato Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



31 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach
- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced with balsamic vinegar, basil, and olive oil (such as hunt's), undrained canned
- ☐ 1 ounce feta cheese with basil and sun-dried tomatoes crumbled
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.3 cup sun-dried tomato pesto (such as Classico)

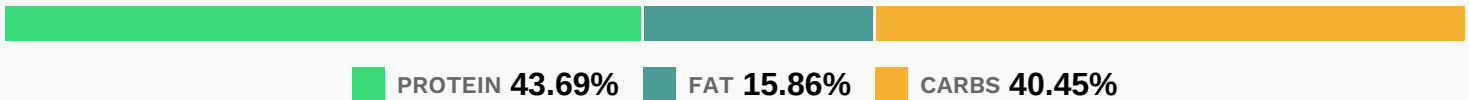
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 50
- ☐ Cut pork lengthwise, cutting to, but not through, other side. Open halves, laying pork flat.
- ☐ Place pork halves between 2 sheets of heavy-duty plastic wrap; pound to an even thickness using a meat mallet or small heavy skillet.
- ☐ Spread pesto evenly down length of tenderloin; top with spinach and feta. Close tenderloin; secure at intervals with wooden picks (about 12).
- ☐ Place pork in a 13 x 9-inch baking pan coated with cooking spray. Coat pork with cooking spray; sprinkle evenly with pepper.
- ☐ Pour tomatoes around pork in pan.
- ☐ Bake at 500 for 22 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Let stand 5 minutes. Discard wooden picks; cut pork into 8 slices.
- ☐ Serve roasted tomatoes over pork.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:9.73, Inflammation Score:-7, Nutrition Score:20.932608448941%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 259.32kcal (12.97%), Fat: 4.19g (6.45%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 22.49g (8.18%), Sugar: 19.3g (21.45%), Cholesterol: 74.95mg (24.98%), Sodium: 239.72mg (10.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.97%), Vitamin B1: 1.18mg (78.34%), Selenium: 35.4µg (50.57%), Vitamin B6: 0.92mg (45.98%), Vitamin B3: 8.28mg (41.38%), Vitamin K: 39.48µg (37.6%), Phosphorus: 328.72mg (32.87%), Vitamin B2: 0.44mg (25.7%), Potassium: 854.17mg (24.4%), Manganese: 0.37mg (18.28%), Vitamin A: 865.88IU (17.32%), Iron: 2.89mg (16.06%), Zinc: 2.41mg (16.05%), Magnesium: 62.84mg (15.71%), Copper: 0.24mg (12.04%), Vitamin B5: 1.11mg (11.14%), Vitamin B12: 0.58µg (9.64%), Vitamin C: 5.47mg (6.64%), Calcium: 64.2mg (6.42%), Fiber: 1.56g (6.26%), Folate: 19.39µg (4.85%), Vitamin E: 0.4mg (2.69%), Vitamin D: 0.23µg (1.51%)