



HEALTH SCORE

87%

Stuffed Pork



Gluten Free



Very Healthy

READY IN



65 min.

SERVINGS



6

CALORIES



2551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup asiago shredded
- ☐ 0.5 pound peppered bacon strips
- ☐ 6 servings frank's garlic pesto spread
- ☐ 1 cup basil leaves fresh
- ☐ 6 servings salt and ground pepper black
- ☐ 6 servings olive oil to taste
- ☐ 6 pork tenderloins
- ☐ 1 cup spinach leaves fresh

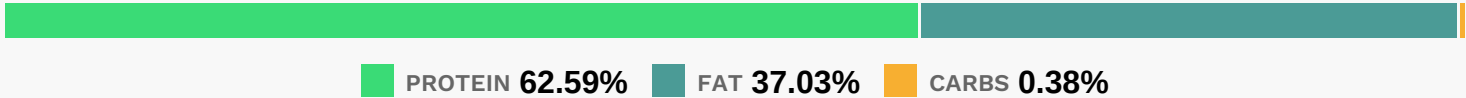
Equipment

- ☐ grill
- ☐ wooden skewers

Directions

- ☐ Preheat a grill on low heat.
- ☐ Butterfly tenderloin, rub with olive oil, and spread with garlic pesto.
- ☐ Add the spinach, basil and cheeses. Season with salt and pepper, to taste. Wrap bacon around tenderloin and secure with wood skewers presoaked in water.
- ☐ Grill for 35 to 40 minutes on low heat.
- ☐ Let rest for 5 to 10 minutes.
- ☐ Top with more cheese and serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:64.435217380524%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 2551.22kcal (127.56%), Fat: 100.79g (155.06%), Saturated Fat: 30.71g (191.97%), Carbohydrates: 2.3g (0.77%), Net Carbohydrates: 1.86g (0.68%), Sugar: 0.58g (0.64%), Cholesterol: 1210.91mg (403.64%), Sodium: 1471.67mg (63.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 383.34g (766.68%), Vitamin B1: 17.93mg (1195.1%), Selenium: 559.18µg (798.83%), Vitamin B6: 14mg (700.07%), Vitamin B3: 121.52mg (607.61%), Phosphorus: 4525.13mg (452.51%), Vitamin B2: 6.18mg (363.77%), Zinc: 34.66mg (231.05%), Potassium: 7252.7mg (207.22%), Vitamin B12: 9.72µg (162.03%), Vitamin B5: 15.44mg (154.44%), Magnesium: 504.66mg (126.17%), Iron: 18.26mg (101.43%), Copper: 1.66mg (82.81%), Vitamin K: 49.48µg (47.13%), Vitamin E: 6.32mg (42.15%), Vitamin D:

5.63μg (37.57%), Calcium: 246.16mg (24.62%), Vitamin A: 1098.15IU (21.96%), Manganese: 0.36mg (18.17%), Folate: 13.02μg (3.26%), Vitamin C: 2.13mg (2.58%), Fiber: 0.44g (1.76%)