



Stuffed Pork Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



5

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon dijon mustard
- 0.5 teaspoon sage dried
- 0.5 teaspoon thyme leaves dried
- 0.3 cup parsley fresh chopped
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground pepper black
- 2 tablespoons olive oil extra-virgin
- 2 pound pork tenderloin

- 4 slices pancetta
- 0.3 teaspoon salt
- 1 shallots minced
- 2 cups pkt spinach fresh
- 10 mushrooms white minced

Equipment

- frying pan
- oven
- casserole dish
- kitchen thermometer
- kitchen twine

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat 1 teaspoon olive oil in a skillet over medium heat; cook and stir mushrooms, shallot, thyme, garlic powder, sage, black pepper, and salt in the hot oil until liquid has evaporated and mushrooms and shallots are softened, 5 to 10 minutes.
- Add parsley; cook and stir for 1 minute.
- Mix in spinach; cook and stir until spinach is wilted, about 5 minutes. Stir in mustard.
- Remove from heat.
- Place pork tenderloin on a work surface; lay prosciutto atop tenderloin.
- Spread mushroom-spinach mixture over prosciutto, leaving 1/2-inch border on all sides. Tightly roll tenderloin around the filling and tie together with kitchen string to keep closed.
- Heat 2 tablespoons olive oil in a large skillet over medium heat; place rolled tenderloin in the hot oil. Sear until all sides are golden brown, about 10 minutes.
- Transfer seared tenderloin to a 9x13-inch casserole dish.
- Bake in the preheated oven until pork is no longer pink in the center, 25 to 30 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (71 degrees C).

Nutrition Facts

PROTEIN 52.31% FAT 43.37% CARBS 4.32%

Properties

Glycemic Index:39, Glycemic Load:0.61, Inflammation Score:-8, Nutrition Score:32.513478279114%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 312.57kcal (15.63%), Fat: 14.81g (22.78%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.24g (0.81%), Sugar: 1.29g (1.43%), Cholesterol: 122.16mg (40.72%), Sodium: 278.14mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.19g (80.38%), Vitamin B1: 1.85mg (123.38%), Vitamin K: 112.8µg (107.43%), Selenium: 60.59µg (86.56%), Vitamin B6: 1.5mg (74.85%), Vitamin B3: 13.85mg (69.23%), Phosphorus: 497.98mg (49.8%), Vitamin B2: 0.81mg (47.41%), Vitamin A: 1390.35IU (27.81%), Potassium: 961.94mg (27.48%), Zinc: 3.82mg (25.45%), Vitamin B5: 2.2mg (21.95%), Magnesium: 66.7mg (16.68%), Vitamin B12: 0.99µg (16.52%), Copper: 0.32mg (16.09%), Iron: 2.77mg (15.38%), Manganese: 0.21mg (10.65%), Vitamin C: 8.66mg (10.5%), Vitamin E: 1.52mg (10.14%), Folate: 36.89µg (9.22%), Fiber: 1.08g (4.34%), Vitamin D: 0.65µg (4.33%), Calcium: 34.21mg (3.42%)