



 **16%**
HEALTH SCORE

Tasty Tender Pork Tenderloin

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ounce onion soup mix dry
- 0.8 cup honey
- 1.5 pound pork tenderloin
- 8 ounce salad dressing russian-style
- 4 servings salt and pepper to taste
- 2 tablespoons vegetable oil

Equipment

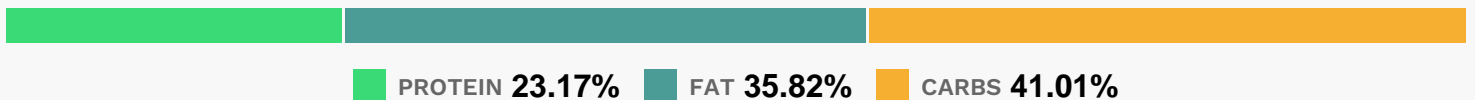
- bowl

- frying pan
- paper towels
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Trim any excess fat from pork and pat dry with a paper towel. Season with salt and pepper. Dust with flour, shaking off any excess.
- In a large skillet, heat 1 to 2 tablespoons of vegetable oil over medium-high heat. Sear the pork in the oil, rotating to brown evenly all sides.
- Transfer to a baking dish just large enough to fit the tenderloin.
- In a bowl, stir together the Russian-style salad dressing, honey, and onion soup mix.
- Pour evenly over the tenderloin, rolling the meat to coat on all sides. Cover with aluminum foil.
- Bake, covered, in the preheated oven for 30 minutes, basting with glaze every 10 minutes.
- Remove foil and continue baking another 30 minutes, or until pork is no longer pink in the center.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:27.31, Inflammation Score:-2, Nutrition Score:24.792608851972%

Nutrients (% of daily need)

Calories: 614.3kcal (30.72%), Fat: 24.79g (38.14%), Saturated Fat: 4.72g (29.53%), Carbohydrates: 63.85g (21.28%), Net Carbohydrates: 63.25g (23%), Sugar: 58.64g (65.15%), Cholesterol: 110.56mg (36.85%), Sodium: 1416.99mg (61.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.08g (72.16%), Vitamin B1: 1.7mg (113.43%), Selenium: 53.54µg (76.48%), Vitamin B6: 1.39mg (69.7%), Vitamin B3: 11.5mg (57.49%), Phosphorus: 439.34mg (43.93%), Vitamin K: 44.36µg (42.24%), Vitamin B2: 0.62mg (36.28%), Zinc: 3.44mg (22.93%), Potassium: 800.3mg (22.87%), Vitamin B5: 1.53mg (15.27%), Vitamin B12: 0.88µg (14.74%), Vitamin E: 2.18mg (14.54%), Magnesium: 54.29mg

(13.57%), Iron: 2.16mg (11.98%), Copper: 0.21mg (10.51%), Manganese: 0.14mg (6.99%), Vitamin D: 0.51µg (3.4%), Calcium: 31.65mg (3.16%), Fiber: 0.59g (2.38%)