



Tuscan Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound belgian endive quartered
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 1.5 teaspoons rosemary fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon kosher salt divided
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 4 teaspoons olive oil divided
- ☐ 1 pound pork tenderloin
- ☐ 5 large shallots halved
- ☐ 2 teaspoons balsamic vinegar white

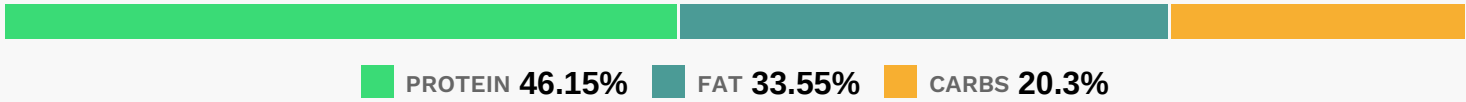
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 50
- ☐ Combine 1 tablespoon olive oil, vinegar, 1/2 teaspoon salt, shallots, and endive in a roasting pan; toss well to coat. Arrange vegetables evenly down the center of the pan.
- ☐ Combine remaining 1 teaspoon oil, remaining 1/2 teaspoon salt, rosemary, and next 5 ingredients (through garlic) in a small bowl. Rub rosemary mixture onto pork. Arrange pork on top of vegetables.
- ☐ Bake at 500 for 17 minutes or until a thermometer registers 15
- ☐ Let vegetables and pork stand 10 minutes.
- ☐ Cut pork crosswise into 12 slices.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.66, Inflammation Score:-4, Nutrition Score:19.434782642385%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin:

0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin:
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg,
Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 219.7kcal (10.98%), Fat: 8.21g (12.63%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 11.17g (3.72%), Net
Carbohydrates: 6.4g (2.33%), Sugar: 2.9g (3.22%), Cholesterol: 73.71mg (24.57%), Sodium: 647.59mg (28.16%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.81%), Vitamin B1: 1.21mg (80.5%), Vitamin B6: 1.04mg
(52.25%), Selenium: 35.19µg (50.28%), Vitamin B3: 7.77mg (38.86%), Phosphorus: 328.36mg (32.84%), Vitamin B2:
0.42mg (24.86%), Potassium: 808.17mg (23.09%), Fiber: 4.77g (19.09%), Zinc: 2.46mg (16.42%), Manganese: 0.3mg
(14.96%), Folate: 53.03µg (13.26%), Magnesium: 50.78mg (12.7%), Vitamin B5: 1.22mg (12.2%), Iron: 1.9mg (10.53%),
Copper: 0.2mg (9.93%), Vitamin B12: 0.59µg (9.83%), Vitamin C: 7.33mg (8.89%), Vitamin E: 0.84mg (5.63%),
Calcium: 48.66mg (4.87%), Vitamin K: 3.09µg (2.95%), Vitamin D: 0.34µg (2.27%)