



Tuscan-Roasted Vegetable & Pork Tenderloin Bake

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 baking apple coarsely chopped
- 4 cups celery mixed red coarsely chopped
- 2 Tbsp parmesan cheese grated kraft
- 1 lb pork tenderloin cut into 8 pieces
- 0.3 cup tuscan house dressing italian kraft
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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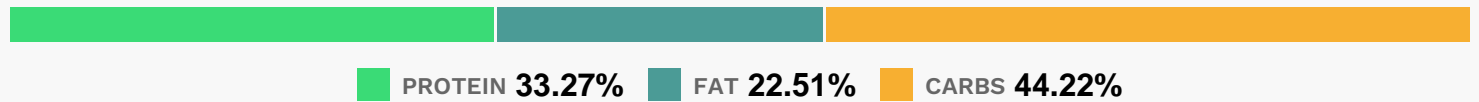
Equipment

- frying pan
- baking paper
- oven

Directions

- Heat oven to 400F.
- Toss vegetables with dressing and cheese; spread onto bottom of parchment paper-lined 15x10x1-inch pan.
- Bake 15 min.
- Stir in apples. Coat meat with coating mix as directed on package; add to pan.
- Bake 15 to 20 min. or until meat is done (145F) and vegetables are tender.
- Let stand 3 min. before serving.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:3.380434770299%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 28.43kcal (1.42%), Fat: 0.71g (1.09%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.67g (0.97%), Sugar: 1.06g (1.17%), Cholesterol: 6.75mg (2.25%), Sodium: 28.64mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin A: 1682IU (33.64%), Vitamin B1: 0.11mg (7.28%),

Vitamin B6: 0.1mg (5.22%), Selenium: 3.23µg (4.61%), Vitamin B3: 0.74mg (3.69%), Phosphorus: 32.1mg (3.21%),
Vitamin B2: 0.04mg (2.53%), Potassium: 85.29mg (2.44%), Vitamin B5: 0.18mg (1.82%), Fiber: 0.45g (1.81%),
Manganese: 0.03mg (1.7%), Zinc: 0.24mg (1.57%), Magnesium: 6.02mg (1.51%), Copper: 0.03mg (1.41%)