



Roasted Pork Tenderloin

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive Oil	10 ml
1 each (1.25 lb)	Pork Tenderloin	567 g
1/4 tsp	Salt	1.5 g
To taste	Black Pepper, fresh ground	0.6 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 400°F (200°C).
3. Place a large skillet over medium-high heat. Add the olive oil. Season the pork tenderloin with salt and pepper then add to pan. Cook until the underside is brown (once it starts browning, it will unstick from the pan; do not force it), then flip and brown. Brown each side of tenderloin.
4. Place pork on greased, foil lined sheet pan. Bake the pork in the oven until internal temperature reaches 140°F (60°C) (it will carry over another 5°F (2.78°C) as it rests), about 15 minutes. Remove from oven and allow to sit for 5 min before slicing.
5. Slice pork from a bias from end-to-end and serve warm.

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size** **4 oz**
Servings **5****Calories** 140
Calories from Fat 45Total Fat 5.17 g
Saturated Fat 1.38 g
Trans Fat 0 g
Monounsaturated Fat 2.6 g
Cholesterol 52.6 mg
Sodium 353 mg
Carbohydrates 0 g
Dietary Fiber 0 g
Sugars 0 g
Protein 21.7 gVitamin A 0 %
Calcium 0 mg
Vitamin C 0 mg
Iron 0.99 mg
Phosphorus 307 mg
