



HERB ROASTED PORK TENDERLOIN

Yield: 8 Servings

Ingredients

- 2 lbs. 12 oz.
- 3 teaspoons
- 3 teaspoons
- 2 tablespoons
- 2 tablespoons
- 1 ½ teaspoons
- 1 teaspoon

- Pork Tenderloin, boneless
- Canola Oil
- Fresh Thyme, stemmed and minced
- Fresh Oregano, stemmed and minced
- Fresh Rosemary, stemmed and minced
- Salt
- Black Pepper

Procedures

1. Preheat the oven to 350°F.
2. Combine herbs, salt, pepper, and oil. Rub onto pork tenderloin and marinate overnight.
3. Roast at 350°F to a minimum internal temperature of 145°F. Allow to rest for 10-15 minutes before cutting.

Nutrition Facts

Serving size	4 oz. (113 g)
Amount per serving	
Calories	155
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 74mg	25%
Sodium 400mg	15%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 16mg	0%
Iron 2mg	10%
Potassium 29mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

