

# Stuffed Pork Tenderloin



## Serving Size

12



## Skill Level

Easy



## Diet Type

Dialysis

## Ingredients

- 3 lb. pork tenderloin
- 1 medium apples
- ½ onion
- 3 tbsp minced garlic
- 1 tbsp rosemary
- 1 tsp black pepper

## Directions

1. Preheat oven at 350
2. In a pan add chopped onions, chopped apples, garlic, and rosemary. Cook until onions are translucent.
3. Butterfly and season pork with black pepper.
4. Add filling and roll tightly.
5. Stick toothpicks though rolled pork tenderloin to help keep in place.
6. Place rolled pork tenderloin in the oven and cook for an hour (or until pork reaches an internal temperature of 155.
7. Cut into 12 pieces and enjoy!

## Nutrition Facts

one serving (4 ounces)

Amount per serving

# Calories 175

Sodium	65 mg
Potassium	498 mg
Phosphorus	286 mg
Carbohydrates	3 g
Protein	30 g