

ROAST PORK TENDERLOIN

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	0 g	30 g	6 g	93 mg	65 mg	6 mg

Ingredient

PORK, TENDERLOIN
PEPPER,BLACK,GROUND

Weight

31-1/4 lbs
7/8 oz

Measure

1/4 cup 1/3 tbsp

Issue

Method

- 1 Tie roasts. Place roasts fat side up in roasting pans. Sprinkle with pepper.
- 2 Insert meat thermometer in center of the thickest part of a roast. DO NOT ADD WATER. DO NOT COVER.
- 3 Using a convection oven, roast 45 - 60 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.