



Apricot-Mustard Grilled Pork Tenderloin



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apricot preserves
- ☐ 0.3 cup mustard
- ☐ 1 pound pork tenderloin

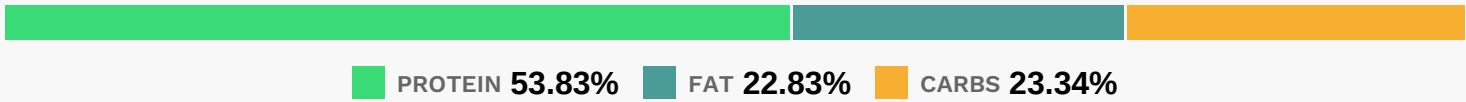
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Season tenderloin with salt and pepper. Stir together the preserves and mustard in a small bowl.
- ☐ Place pork over a medium-hot fire and grill for about 15 minutes or until internal temperature reaches 145 degrees F (63 degrees C), brushing with mustard mixture in the last few minutes.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:15.515217253695%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 181.87kcal (9.09%), Fat: 4.56g (7.01%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 9.77g (3.55%), Sugar: 6.73g (7.48%), Cholesterol: 73.71mg (24.57%), Sodium: 236.15mg (10.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.37%), Vitamin B1: 1.14mg (76.2%), Selenium: 39.95µg (57.07%), Vitamin B6: 0.88mg (44.06%), Vitamin B3: 7.59mg (37.94%), Phosphorus: 292.81mg (29.28%), Vitamin B2: 0.4mg (23.28%), Zinc: 2.23mg (14.86%), Potassium: 480.55mg (13.73%), Vitamin B5: 1mg (9.99%), Vitamin B12: 0.59µg (9.83%), Magnesium: 38.69mg (9.67%), Iron: 1.42mg (7.89%), Copper: 0.13mg (6.37%), Manganese: 0.09mg (4.34%), Fiber: 0.71g (2.86%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.32mg (2.16%), Calcium: 19.61mg (1.96%), Vitamin C: 1.38mg (1.68%)