



Bacon-Wrapped Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp apple juice
- 5 slices oscar mayer natural uncured bacon smoked
- 0.3 cup brown sugar packed
- 1 tsp grey poupon dijon mustard
- 1 dash ground nutmeg
- 0.3 tsp cracked pepper black
- 1 lb pork tenderloin

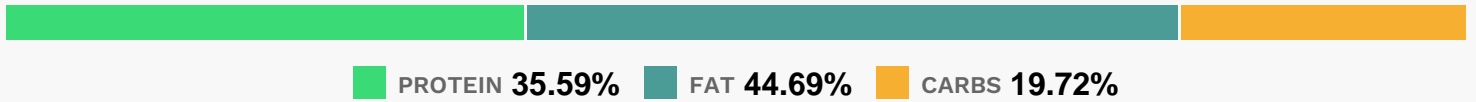
Equipment

- frying pan
- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Wrap bacon around tenderloin; place in foil-lined pan sprayed with cooking spray.
- Sprinkle with pepper.
- Bake 20 min. or until cooked to 135F. Meanwhile, bring remaining ingredients to boil in saucepan on medium heat, stirring occasionally.
- Brush meat with sugar mixture.
- Bake 10 min. or until tenderloin is done (145F).
- Remove from oven; cover loosely with foil.
- Let stand 3 min. before slicing.

Nutrition Facts



Properties

Glycemic Index:43.69, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:16.259130138742%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 308.84kcal (15.44%), Fat: 15.06g (23.18%), Saturated Fat: 5.07g (31.67%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 14.81g (5.38%), Sugar: 14.15g (15.72%), Cholesterol: 91.86mg (30.62%), Sodium: 258.98mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.98%), Vitamin B1: 1.19mg (79.63%), Selenium: 40.49µg (57.85%), Vitamin B6: 0.95mg (47.46%), Vitamin B3: 8.63mg (43.17%), Phosphorus: 318.31mg (31.83%), Vitamin B2: 0.41mg (23.93%), Zinc: 2.47mg (16.44%), Potassium: 530.38mg (15.15%), Vitamin B12: 0.73µg

(12.12%), Vitamin B5: 1.13mg (11.29%), Magnesium: 36.8mg (9.2%), Iron: 1.36mg (7.55%), Copper: 0.13mg (6.25%), Manganese: 0.06mg (3.08%), Vitamin D: 0.45µg (3%), Vitamin E: 0.37mg (2.49%), Calcium: 21.99mg (2.2%)