



Barbecued Pork Tenderloin with Curried Toast

 Dairy Free

READY IN



350 min.

SERVINGS



24

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 24 slices crusty baguette french (1/)
- ☐ 2 tablespoons butter softened
- ☐ 0.5 teaspoon curry powder
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 2 teaspoons garlic clove finely chopped
- ☐ 2 teaspoons ground allspice
- ☐ 2 teaspoons paprika smoked spanish

- ☐ 1 teaspoon pepper
- ☐ 1 lb pork tenderloin
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vegetable oil

Equipment

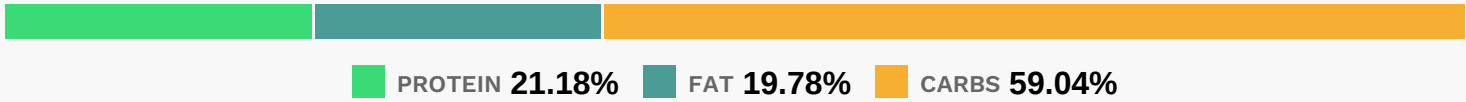
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup
- ☐ cutting board

Directions

- ☐ In small bowl, mix brown sugar, paprika, allspice, garlic, pepper, and salt. Pat brown sugar mixture over pork to coat. Tightly wrap in plastic wrap. Refrigerate 4 hours or up to 24 hours.
- ☐ Remove pork from refrigerator. Allow to come to room temperature, about 30 minutes.
- ☐ Heat oven to 450F. Spray bottom of roasting pan with cooking spray.
- ☐ In large nonstick skillet, heat oil over medium-high heat. Unwrap pork; place in skillet. Cook 3 minutes. Turn pork; cook 2 to 3 minutes longer or until brown on all sides.
- ☐ Place pork in sprayed roasting pan.
- ☐ Bake uncovered 15 to 20 minutes or until pork is no longer pink in center and meat thermometer inserted in center reads 160F. (Do not turn off oven.)
- ☐ Transfer pork to cutting board. Cover loosely with foil; let stand 10 minutes.

- ☐ Pour drippings into glass measuring cup; stir in barbecue sauce.
- ☐ Line cookie sheet with foil.
- ☐ Place bread slices on foil-lined sheet; lightly spread butter on top sides of bread.
- ☐ Sprinkle with curry powder.
- ☐ Bake 4 to 6 minutes or until crisp.
- ☐ Remove from cookie sheet to cooling rack.
- ☐ Cut pork into 24 thin slices; place in roasting pan in single layer.
- ☐ Drizzle with barbeque sauce mixture.
- ☐ Bake 5 minutes longer. To serve, top each bread slice with slice of pork.

Nutrition Facts



Properties

Glycemic Index:7.03, Glycemic Load:10.61, Inflammation Score:-3, Nutrition Score:6.1826087372459%

Nutrients (% of daily need)

Calories: 134.43kcal (6.72%), Fat: 2.93g (4.5%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 18.8g (6.84%), Sugar: 5.06g (5.63%), Cholesterol: 12.28mg (4.09%), Sodium: 308.92mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Vitamin B1: 0.37mg (24.95%), Selenium: 11.37µg (16.25%), Vitamin B3: 2.75mg (13.77%), Vitamin B2: 0.17mg (10.1%), Vitamin B6: 0.19mg (9.48%), Manganese: 0.18mg (9.09%), Folate: 34.58µg (8.65%), Phosphorus: 78.85mg (7.89%), Iron: 1.4mg (7.78%), Zinc: 0.63mg (4.19%), Calcium: 40.83mg (4.08%), Potassium: 135.01mg (3.86%), Magnesium: 15.01mg (3.75%), Fiber: 0.84g (3.37%), Copper: 0.06mg (3.19%), Vitamin B5: 0.3mg (2.97%), Vitamin A: 134.89IU (2.7%), Vitamin E: 0.29mg (1.94%), Vitamin K: 2.04µg (1.94%), Vitamin B12: 0.1µg (1.66%)