



Cookie-Crusted Pork Tenderloin Sliders

READY IN



65 min.

SERVINGS



24

CALORIES



348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup breadcrumbs
- ☐ 0.3 cup brown mustard prepared
- ☐ 24 servings lettuce
- ☐ 24 servings mayonnaise
- ☐ 24 servings onions sliced
- ☐ 3 pound pork tenderloin cut in half lengthwise
- ☐ 24 servings salt and pepper
- ☐ 24 slider buns
- ☐ 17.5 ounce sugar cookie mix

☐ 1 can berry cranberry sauce whole

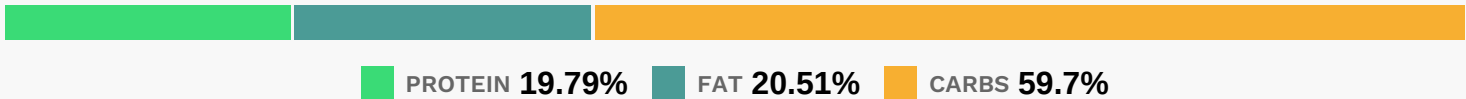
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Prepare the sugar cookie mix according to package directions and cool.
- ☐ Preheat the oven to 350 degrees F. Line a rimmed baking sheet with aluminum foil.
- ☐ Break the sugar cookies into large chunks. In the work bowl of a food processor, place the cookies and breadcrumbs together and pulse until crumbly.
- ☐ Remove 2 cups of the crumbs, and place on a separate baking sheet.
- ☐ In a small bowl, stir together the mustard, and some salt and pepper. Coat the tenderloins with the mustard mixture, and then roll in the cookie crumbs mixture.
- ☐ Place on the prepared baking sheet.
- ☐ Bake until a meat thermometer inserted in the tenderloin registers 155 degrees F, 25 to 35 minutes.
- ☐ Remove from the oven, and let stand 10 minutes before slicing.
- ☐ To serve, thinly slice the tenderloin crosswise.
- ☐ Place 1 to 2 teaspoons cranberry sauce on the bottom half of each bun. Top with the sliced pork, and mayonnaise, onions and lettuce, if desired. Then cover with the bun top.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:1.65, Inflammation Score:-6, Nutrition Score:13.543043406113%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 12.88mg, Quercetin: 12.88mg, Quercetin: 12.88mg, Quercetin: 12.88mg

Nutrients (% of daily need)

Calories: 347.9kcal (17.39%), Fat: 7.94g (12.21%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 51.97g (17.32%), Net Carbohydrates: 48.26g (17.55%), Sugar: 22.49g (24.99%), Cholesterol: 38.53mg (12.84%), Sodium: 352.76mg (15.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.47%), Vitamin B1: 0.68mg (45.36%), Selenium: 19.54µg (27.91%), Vitamin K: 28.77µg (27.4%), Vitamin B6: 0.55mg (27.34%), Vitamin B3: 4.34mg (21.68%), Phosphorus: 183.31mg (18.33%), Vitamin B2: 0.26mg (15.23%), Fiber: 3.71g (14.86%), Iron: 2.32mg (12.9%), Potassium: 446.02mg (12.74%), Manganese: 0.25mg (12.59%), Folate: 45.31µg (11.33%), Zinc: 1.38mg (9.23%), Vitamin A: 459.64IU (9.19%), Vitamin C: 6.77mg (8.21%), Magnesium: 30.63mg (7.66%), Calcium: 66.7mg (6.67%), Vitamin B5: 0.66mg (6.58%), Copper: 0.11mg (5.68%), Vitamin B12: 0.32µg (5.26%), Vitamin E: 0.62mg (4.15%), Vitamin D: 0.18µg (1.19%)