



Dill-Cured Pork Crostini with Sweet Mustard Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



50

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 crusty baguette cut into 1/4-inch-thick rounds (at least 50)
- ☐ 0.3 cup kosher salt
- ☐ 0.5 cup dijon mustard
- ☐ 0.8 cup optional: dill fresh chopped
- ☐ 2 large garlic clove minced
- ☐ 1 teaspoon pepper black
- ☐ 36 ounce pork tenderloin

- ☐ 3 tablespoons sugar
- ☐ 0.3 cup vinegar white

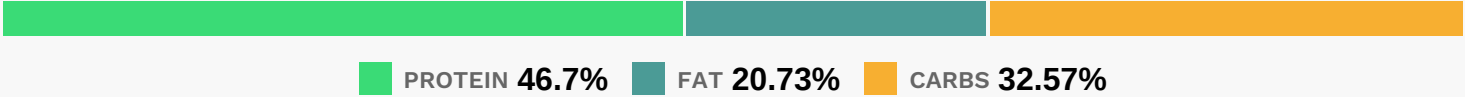
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Mix salt, 3 tablespoons sugar, and pepper in small bowl to blend.
- ☐ Place each pork tenderloin atop sheet of plastic wrap. Rub garlic all over pork tenderloins. Pat all of salt mixture over pork, coating generously.
- ☐ Sprinkle with 3/4 cup dill, patting to adhere. Wrap pork with plastic.
- ☐ Place in baking dish. Chill 6 hours.
- ☐ Preheat oven to 400°F. Scrape off some of dill coating from tenderloins. Pat pork dry with paper towels.
- ☐ Place pork on heavy large baking sheet. Roast until meat thermometer registers 150°F when inserted into center of pork, turning after 15 minutes, about 25 minutes total. Cool pork completely. Cover and chill until cold, at least 6 hours.
- ☐ Stir remaining 1/2 cup sugar and vinegar in small bowl until sugar dissolves.
- ☐ Whisk in mustard. Stir in remaining 2 tablespoons dill. Season sauce to taste with salt and pepper. Cover and refrigerate until cold. (Pork and sauce can be made 1 day ahead. Keep refrigerated.)
- ☐ Cut pork crosswise into very thin slices. Arrange pork atop baguette slices. Spoon some dill sauce atop each. Arrange on platter and serve.

Nutrition Facts



Properties

Glycemic Index:6.02, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:3.4513043495624%

Flavonoids

Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 42.55kcal (2.13%), Fat: 0.95g (1.47%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 3.13g (1.14%), Sugar: 0.99g (1.1%), Cholesterol: 13.27mg (4.42%), Sodium: 635.26mg (27.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin B1: 0.23mg (15.66%), Selenium: 7.92µg (11.32%), Vitamin B6: 0.17mg (8.3%), Vitamin B3: 1.6mg (8.01%), Phosphorus: 57.8mg (5.78%), Vitamin B2: 0.09mg (5.23%), Zinc: 0.45mg (2.98%), Potassium: 96.53mg (2.76%), Manganese: 0.05mg (2.73%), Iron: 0.47mg (2.6%), Magnesium: 8.52mg (2.13%), Vitamin B5: 0.2mg (2.01%), Vitamin B12: 0.11µg (1.77%), Folate: 6.59µg (1.65%), Copper: 0.03mg (1.43%), Vitamin A: 56.82IU (1.14%), Calcium: 10.34mg (1.03%)