



WHATSheATE



Grilled Pork Tenderloin with Mustard-Dill Sauce



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 tablespoon honey
- ☐ 1 pound pork tenderloin
- ☐ 0.5 cup balsamic vinegar white
- ☐ 10 ounces zucchini cut into 1/8-inch-thick rounds

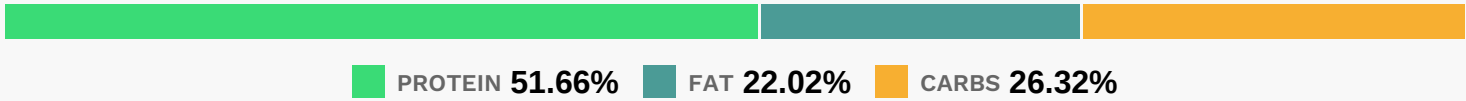
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Whisk vinegar, 2 tablespoons dill, 2 teaspoons salt, and 2 tablespoons water in medium bowl until salt dissolves.
- ☐ Add zucchini.
- ☐ Let marinate 10 minutes, tossing often.
- ☐ Drain zucchini.
- ☐ Meanwhile, whisk 1/2 cup chopped dill, dijon mustard, honey, and 1/2 cup water in medium bowl. Season mustard–dill sauce with salt and pepper.
- ☐ Prepare barbecue (medium–high heat).
- ☐ Sprinkle pork with salt and pepper; spread with 2 tablespoons mustard–dill sauce. Grill until thermometer inserted into thickest part registers 145°F, turning often, about 25 minutes.
- ☐ Transfer to platter; let rest 10 minutes.
- ☐ Cut into 1/2–inch–thick slices.
- ☐ Serve with remaining sauce and pickles.
- ☐ Per serving: 325 calories,18 g fat,1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:41.07, Glycemic Load:5.25, Inflammation Score:-4, Nutrition Score:18.603043576945%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 201.72kcal (10.09%), Fat: 4.76g (7.32%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 11.4g (4.15%), Sugar: 11.07g (12.3%), Cholesterol: 73.71mg (24.57%), Sodium: 243.49mg (10.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.1g (50.23%), Vitamin B1: 1.17mg (78.33%), Selenium: 39.83µg (56.91%), Vitamin B6: 1mg (49.77%), Vitamin B3: 7.91mg (39.56%), Phosphorus: 325.7mg (32.57%), Vitamin B2: 0.46mg (27.15%), Potassium: 693.88mg (19.83%), Zinc: 2.49mg (16.57%), Vitamin C: 12.94mg (15.69%), Magnesium: 54.88mg (13.72%), Manganese: 0.25mg (12.74%), Vitamin B5: 1.14mg (11.45%), Iron: 1.87mg (10.41%), Vitamin B12: 0.59µg (9.83%), Copper: 0.16mg (8.02%), Fiber: 1.39g (5.57%), Folate: 18.5µg (4.63%), Calcium: 37.29mg (3.73%), Vitamin A: 170.5IU (3.41%), Vitamin K: 3.28µg (3.12%), Vitamin E: 0.39mg (2.59%), Vitamin D: 0.34µg (2.27%)