



Grilled Tenderloin with Cream Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chicken broth dry white low-sodium
- 3 tablespoons dijon mustard
- 1.5 tablespoons flour all-purpose
- 0.8 cup milk 1% low-fat
- 0.1 teaspoon pepper
- 1.5 pound pork tenderloins
- 0.3 cup cup heavy whipping cream fat-free sour

Equipment

- sauce pan
- grill
- kitchen thermometer

Directions

- Prepare grill.
- Insert a meat thermometer into thickest part of 1 tenderloin, if desired.
- Place tenderloins on grill rack coated with cooking spray. Grill, covered, 25 to 30 minutes or until meat thermometer registers 160, turning occasionally.
- Combine milk and flour in a saucepan, stirring until smooth. Cook over medium heat, stirring constantly, until thickened. Stir in mustard and wine; remove from heat. Stir in sour cream and pepper.
- Cut tenderloins into 1/4-inch-thick slices, and serve with cream sauce.
- Garnish with rosemary sprigs and serve with grilled vegetables, if desired.

Nutrition Facts

PROTEIN 62.4% **FAT 25.42%** **CARBS 12.18%**

Properties

Glycemic Index:23.17, Glycemic Load:1.06, Inflammation Score:-2, Nutrition Score:16.268260831094%

Nutrients (% of daily need)

Calories: 168.16kcal (8.41%), Fat: 4.59g (7.06%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 4.56g (1.66%), Sugar: 1.62g (1.8%), Cholesterol: 76.05mg (25.35%), Sodium: 168.03mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.33g (50.66%), Vitamin B1: 1.16mg (77.54%), Selenium: 38.67µg (55.25%), Vitamin B6: 0.89mg (44.69%), Vitamin B3: 7.76mg (38.79%), Phosphorus: 326.74mg (32.67%), Vitamin B2: 0.45mg (26.68%), Zinc: 2.36mg (15.75%), Potassium: 523.03mg (14.94%), Vitamin B12: 0.8µg (13.39%), Vitamin B5: 1.09mg (10.87%), Magnesium: 39.25mg (9.81%), Iron: 1.32mg (7.34%), Calcium: 61.34mg (6.13%), Copper: 0.11mg (5.71%), Vitamin D: 0.66µg (4.43%), Manganese: 0.07mg (3.31%), Vitamin E: 0.28mg (1.89%), Vitamin A: 90.08IU (1.8%), Fiber: 0.38g (1.53%), Folate: 5.61µg (1.4%)