



Grilling: Planked Maple-Mustard Pork Tenderloin

 Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns whole black
- ☐ 2 tablespoons dijon mustard
- ☐ 4 servings canned tomatoes
- ☐ 1 sprig rosemary leaves fresh
- ☐ 4 cloves garlic crushed peeled
- ☐ 4 servings disposable grill pan
- ☐ 0.3 cup kosher salt

- ☐ 2 pork tenderloins trimmed
- ☐ 1 maple syrup for at least 1 hour prior to use
- ☐ 1 tablespoon maple syrup
- ☐ 2 quarts water
- ☐ 1 tablespoon coarse mustard whole

Equipment



- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ grill

Directions

- ☐ To make the brine, combine water, 1/2 cup maple syrup, salt, garlic, rosemary, and black peppercorns in a medium saucepan. Bring to a boil over medium-high heat, boil for 1 minute, then remove from heat.
- ☐ Let cool to room temperature, transfer to a large, non-reactive container, cover and place in the refrigerator until cooled below 40 degrees.
- ☐ Place tenderloins in brine and brine in refrigerator for 4 hours.
- ☐ Remove from brine and pat dry with paper towels.
- ☐ To make the mustard slather, mix together Dijon mustard, whole grain mustard, and 1 tablespoon of maple syrup in a small bowl.
- ☐ Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate.
- ☐ Place tenderloins on plank and brush all over with mustard slather.
- ☐ Place plank on cool side of the grill, cover, and cook over medium heat until meat registers 145 degrees in the center.
- ☐ Remove from grill, let stand 10 minutes, slice and serve.

Nutrition Facts



 **PROTEIN 61.98%**  **FAT 30.81%**  **CARBS 7.21%**

Properties

Glycemic Index:49.75, Glycemic Load:1.92, Inflammation Score:-4, Nutrition Score:32.752608769614%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 401.23kcal (20.06%), Fat: 13.33g (20.5%), Saturated Fat: 6.93g (43.28%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 5.8g (2.11%), Sugar: 3.52g (3.92%), Cholesterol: 163.8mg (54.6%), Sodium: 10075.11mg (438.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.33g (120.66%), Vitamin B1: 2.55mg (169.89%), Selenium: 82.01µg (117.16%), Vitamin B6: 2.01mg (100.52%), Vitamin B3: 16.96mg (84.8%), Phosphorus: 643.15mg (64.31%), Vitamin B2: 0.94mg (55.52%), Calcium: 362.33mg (36.23%), Zinc: 5.01mg (33.39%), Potassium: 1081.54mg (30.9%), Manganese: 0.6mg (29.95%), Vitamin B5: 2.22mg (22.19%), Vitamin B12: 1.29µg (21.42%), Magnesium: 84.57mg (21.14%), Copper: 0.36mg (18.02%), Iron: 3.04mg (16.86%), Fiber: 1.22g (4.88%), Vitamin E: 0.62mg (4.15%), Vitamin K: 4.31µg (4.11%), Vitamin D: 0.5µg (3.36%), Vitamin C: 1mg (1.22%)