



Herb-Crusted Pork With Pineapple Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 teaspoons cornstarch
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon ground coriander
- ☐ 1.5 pound pork tenderloins trimmed
- ☐ 1 teaspoon oregano dried
- ☐ 1.5 cups pineapple juice
- ☐ 0.5 teaspoon salt

☐ 2 tablespoons spicy brown mustard

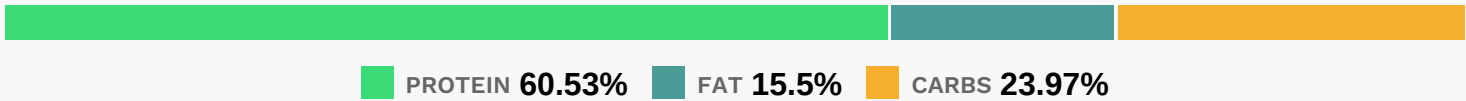
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Combine first 5 ingredients in a small bowl. Rub mixture over pork. Insert a meat thermometer into thickest part of tenderloin, if desired.
- ☐ Place tenderloins on grill rack coated with cooking spray; cover and grill 20 minutes or until meat thermometer registers 160, turning occasionally.
- ☐ Combine pineapple juice, cornstarch, and mustard in a small saucepan, stirring well with a whisk. Bring to a boil over medium heat. Cook, stirring constantly, 2 minutes or until thick.
- ☐ Let pork stand 10 minutes before cutting into thin slices; serve pork with pineapple sauce.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:3.48, Inflammation Score:-6, Nutrition Score:17.115652048069%

Nutrients (% of daily need)

Calories: 165.26kcal (8.26%), Fat: 2.76g (4.25%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 8.95g (3.25%), Sugar: 5.98g (6.64%), Cholesterol: 73.71mg (24.57%), Sodium: 310.46mg (13.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.54%), Vitamin B1: 1.18mg (78.49%), Selenium: 36.8µg (52.57%), Vitamin B6: 0.95mg (47.42%), Vitamin B3: 7.75mg (38.77%), Phosphorus: 292.16mg (29.22%), Vitamin B2: 0.41mg (23.92%), Manganese: 0.39mg (19.53%), Potassium: 546.62mg (15.62%), Zinc: 2.27mg (15.14%), Magnesium: 42.24mg (10.56%), Vitamin B5: 1.01mg (10.13%), Iron: 1.75mg (9.74%), Vitamin B12: 0.58µg (9.64%), Copper: 0.15mg

(7.73%), Vitamin C: 6.05mg (7.33%), Vitamin K: 5.45µg (5.19%), Folate: 12.24µg (3.06%), Calcium: 27.03mg (2.7%),
Fiber: 0.66g (2.64%), Vitamin E: 0.35mg (2.36%), Vitamin D: 0.23µg (1.51%)