



Hickory-Planked Pork Tenderloin with Rosemary Dijon Potatoes

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 15 cedar plank
- 0.3 cup dijon mustard
- 0.5 teaspoon rosemary leaves fresh chopped
- 2 garlic clove minced
- 1 tablespoon honey
- 1 pound pork tenderloins trimmed

- 1 tablespoon juice of lemon fresh
- 8 ounces potatoes – remove skin red ()

Equipment

- bowl
- whisk
- plastic wrap
- grill
- kitchen thermometer
- microwave

Directions

- Immerse and soak plank in water for 1 hour; drain.
- To prepare grill for indirect grilling, heat one side of grill to high heat.
- Combine mustard, honey, pepper, rosemary, and garlic, stirring well with a whisk.
- Brush half of the mustard mixture over pork.
- Place the potato in a microwave–safe bowl, and cover with plastic wrap. Microwave at high 1 minute.
- Add the remaining mustard mixture and juice; toss gently to coat.
- Place plank on grill rack over high heat; grill 5 minutes or until lightly charred. Carefully turn plank over; move to cool side of grill.
- Place pork in the middle of charred side of plank; arrange potato mixture around pork in a single layer. Cover and grill for 20 minutes or until a meat thermometer registers 160 (slightly pink).

Nutrition Facts

 **PROTEIN 53.78%**  **FAT 14.59%**  **CARBS 31.63%**

Properties

Glycemic Index:36.57, Glycemic Load:2.48, Inflammation Score:-3, Nutrition Score:18.273913097122%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 192.45kcal (9.62%), Fat: 3.09g (4.76%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 13.33g (4.85%), Sugar: 5.37g (5.97%), Cholesterol: 73.71mg (24.57%), Sodium: 242.05mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.64g (51.28%), Vitamin B1: 1.21mg (80.75%), Selenium: 40.77µg (58.25%), Vitamin B6: 1.01mg (50.53%), Vitamin B3: 8.34mg (41.71%), Phosphorus: 334.7mg (33.47%), Vitamin B2: 0.42mg (24.73%), Potassium: 749.8mg (21.42%), Zinc: 2.46mg (16.43%), Magnesium: 51.71mg (12.93%), Vitamin B5: 1.19mg (11.85%), Manganese: 0.22mg (11.18%), Iron: 1.85mg (10.27%), Copper: 0.2mg (9.99%), Vitamin B12: 0.58µg (9.64%), Vitamin C: 6.89mg (8.35%), Fiber: 1.75g (7.01%), Folate: 12.25µg (3.06%), Calcium: 25.55mg (2.55%), Vitamin K: 2.31µg (2.2%), Vitamin E: 0.32mg (2.13%), Vitamin D: 0.23µg (1.51%)