



Honey Dijon Mustard Pork Loin



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound pork loin boneless
- ☐ 1 tablespoon freshly chives chopped
- ☐ 0.8 cup dijon mustard
- ☐ 1 tablespoon freshly parsley leaves chopped
- ☐ 6 servings salt and freshly cracked pepper black
- ☐ 1 tablespoon freshly tarragon leaves chopped
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons citrus champagne vinegar

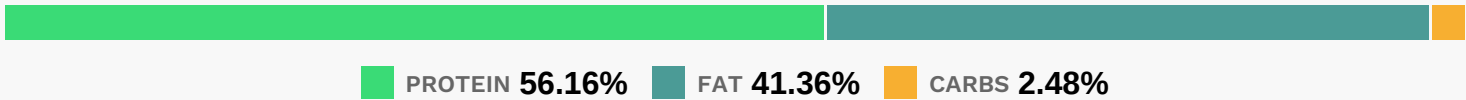
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Season the pork loin with salt and pepper.
- ☐ In a small bowl, mix the vinegar, mustard and herbs together. Reserve mustard sauce for pork.
- ☐ In a large ovenproof saute pan over medium-high heat, warm the vegetable oil. Sear pork loin on all sides.
- ☐ Brush with mustard sauce and roast in the preheated oven until the internal temperature reaches 145 degrees F on an instant-read thermometer, about 20 minutes.
- ☐ Remove from oven and let rest for 15 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:26.38000045652%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 383.25kcal (19.16%), Fat: 17.15g (26.39%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.46g (0.51%), Cholesterol: 142.88mg (47.63%), Sodium: 648.81mg (28.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.41g (104.81%), Selenium: 73.46µg (104.95%), Vitamin B6: 1.76mg (88.16%), Vitamin B1: 1.07mg (71.16%), Vitamin B3: 13.32mg (66.6%), Phosphorus: 548.63mg (54.86%), Zinc: 4.34mg (28.93%), Vitamin B2: 0.46mg (27.15%), Potassium: 937.3mg (26.78%), Vitamin K: 24.97µg (23.78%), Magnesium: 78.7mg (19.68%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.79mg (17.87%), Manganese: 0.24mg (12.22%), Iron: 2.17mg (12.06%), Copper: 0.16mg (8.25%), Vitamin E: 0.97mg (6.44%), Vitamin D: 0.91µg (6.05%), Fiber: 1.46g (5.84%), Calcium: 46.04mg (4.6%), Vitamin A: 149.02IU (2.98%), Vitamin C: 1.91mg (2.32%), Folate: 6.91µg (1.73%)