



Honey Dijon Pork Tenderloin with Asparagus

 **Gluten Free**  **Dairy Free**

READY IN



16 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ginger tea bags reynolds®
- 2 tablespoons cornstarch
- 0.3 cup honey
- 0.3 cup dijon mustard dijon-style
- 1 tablespoon worcestershire sauce
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 1 lb pork tenderloin skinless

- 1 lb asparagus fresh cut into thirds
- 0.3 cup pecans toasted chopped

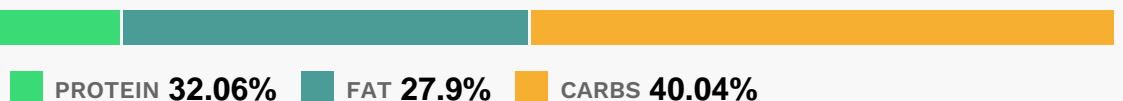
Equipment

- frying pan
- oven
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 400°F.
- Place Reynolds® Oven Bag in 13x9x2-inch baking pan.
- Add corn starch, honey, mustard, Worcestershire sauce, salt and pepper to oven bag. Squeeze bag to mix ingredients.
- Slice pork tenderloin 1-inch thick.
- Place pork and asparagus in bag. Turn bag several times to coat pork and asparagus with sauce.
- Place ingredients in an even layer.
- Close bag with nylon tie.
- Cut six 1/2-inch slits in top. Tuck ends of bag in pan.
- Bake 12 to 14 minutes or until pork reads 145°F on thermometer.
- Let stand 5 minutes. Carefully cut bag open and serve.
- Garnish if desired.

Nutrition Facts



Properties

Glycemic Index:39.57, Glycemic Load:12.9, Inflammation Score:-7, Nutrition Score:26.423478126526%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 330.28kcal (16.51%), Fat: 10.62g (16.33%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 30.28g (11.01%), Sugar: 26.3g (29.22%), Cholesterol: 73.71mg (24.57%), Sodium: 579.9mg (25.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.9%), Vitamin B1: 1.36mg (90.86%), Selenium: 42.94µg (61.35%), Vitamin B6: 1.01mg (50.31%), Vitamin K: 48.15µg (45.85%), Vitamin B3: 8.86mg (44.28%), Phosphorus: 378.78mg (37.88%), Manganese: 0.69mg (34.43%), Vitamin B2: 0.58mg (34.1%), Iron: 4.37mg (24.29%), Copper: 0.45mg (22.5%), Potassium: 784.08mg (22.4%), Zinc: 3.28mg (21.88%), Vitamin A: 879.95IU (17.6%), Magnesium: 65.62mg (16.4%), Fiber: 4g (15.99%), Folate: 62.82µg (15.7%), Vitamin B5: 1.4mg (14%), Vitamin E: 1.71mg (11.38%), Vitamin B12: 0.59µg (9.83%), Vitamin C: 7.2mg (8.72%), Calcium: 57.21mg (5.72%), Vitamin D: 0.34µg (2.27%)