



Honey-Garlic Pork Tenderloins



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup dijon mustard divided
- ☐ 8 garlic cloves minced
- ☐ 0.8 cup honey divided
- ☐ 3 tablespoons juice of lemon divided
- ☐ 0.3 cup mayonnaise
- ☐ 2.5 teaspoons pepper divided
- ☐ 2 pounds pork tenderloin
- ☐ 2 teaspoons salt

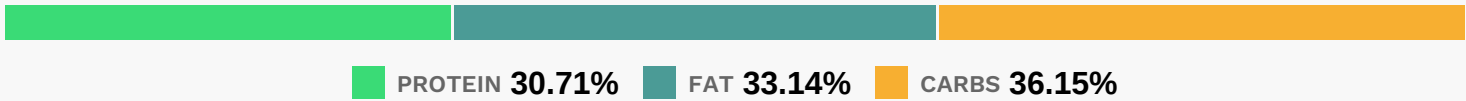
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Stir together 1/2 cup mustard, 1/2 cup honey, 2 tablespoons lemon juice, garlic, salt, and 2 teaspoons pepper in a large shallow dish or heavy-duty zip-top plastic bag; add pork, turning to coat. Cover or seal, and chill 3 hours.
- ☐ Place pork on a lightly greased rack in an aluminum foil-lined roasting pan.
- ☐ Broil 6 inches from heat 5 minutes; reduce oven temperature to 425, and bake 15 minutes. Cover loosely with foil, and bake 15 more minutes or until a meat thermometer inserted into thickest portion registers 16
- ☐ Stir together remaining 1/2 cup mustard, remaining 1/4 cup honey, remaining 1 tablespoon lemon juice, remaining 1/2 teaspoon pepper, and mayonnaise.
- ☐ Serve mixture with pork.

Nutrition Facts



Properties

Glycemic Index:32.71, Glycemic Load:18.85, Inflammation Score:-4, Nutrition Score:24.369130328945%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 429.9kcal (21.49%), Fat: 16.11g (24.79%), Saturated Fat: 3.36g (21.03%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 37.38g (13.59%), Sugar: 35.68g (39.65%), Cholesterol: 103.5mg (34.5%), Sodium: 1391.92mg (60.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.6g (67.2%), Vitamin B1: 1.58mg (105.01%), Selenium: 61.17µg (87.38%), Vitamin B6: 1.25mg (62.6%), Vitamin B3: 10.32mg (51.61%), Phosphorus: 424.57mg (42.46%), Vitamin B2: 0.56mg (33.08%), Zinc: 3.27mg (21.78%), Vitamin K: 22.34µg (21.28%), Potassium: 715.98mg (20.46%), Manganese: 0.41mg (20.25%), Magnesium: 64.61mg (16.15%), Vitamin B5: 1.49mg (14.86%), Iron: 2.49mg (13.84%), Vitamin B12: 0.8µg (13.35%), Copper: 0.21mg (10.39%), Fiber: 2.19g (8.75%), Vitamin E: 0.91mg (6.06%), Vitamin C: 4.53mg (5.49%), Calcium: 50.62mg (5.06%), Vitamin D: 0.48µg (3.19%), Folate: 6.14µg (1.53%)