



## Honey-Glazed Pork Tenderloin and Carrots

 Gluten Free

READY IN



24 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons apple cider
- 0.8 pound baby carrots
- 1 tablespoon butter
- 2 teaspoons dijon mustard
- 0.3 cup honey
- 1.3 pound pork tenderloin trimmed
- 0.3 teaspoon pepper
- 0.3 teaspoon regular salt

- 1 teaspoon soya sauce
- 0.3 cup water

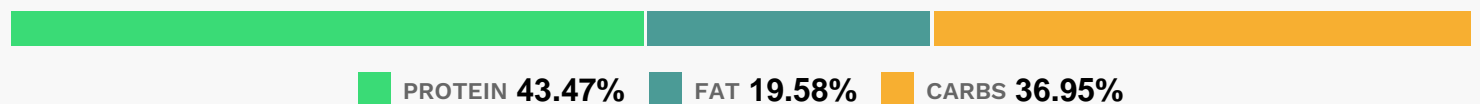
## Equipment

- bowl
- frying pan
- sauce pan
- tongs

## Directions

- Place the carrots and 1/4 cup water in a medium saucepan and bring them to a boil over high heat; reduce heat to simmer. Stir, cover, and let carrots simmer another 10–12 minutes or until they are tender.
- Meanwhile, prepare glaze by mixing all glaze ingredients together in a small bowl; set aside. When carrots are done, remove from heat, drain, and set aside.
- Cut tenderloin crosswise into 12 equal slices, and season with salt and pepper. Melt butter in an extra-large nonstick skillet over medium–high heat.
- Add the pork and cook 2–3 minutes or until nicely browned on the bottom side. Using tongs, flip the pork and cook another 3–4 minutes or until almost cooked through.
- Add carrots to pan with pork. Stir glaze again, and add it to the pan. Bring mixture to a simmer, and cook until pork is done, about 1–2 minutes. Stir to coat pork and carrots with glaze. Divide pork and carrots among 4 plates.
- Pour any remaining glaze over pork, and garnish with chives, if desired.

## Nutrition Facts



## Properties

Glycemic Index:55.51, Glycemic Load:9.65, Inflammation Score:-10, Nutrition Score:25.880434829256%

## Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 281.69kcal (14.08%), Fat: 6.13g (9.43%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 23.35g (8.49%), Sugar: 22.59g (25.1%), Cholesterol: 99.66mg (33.22%), Sodium: 422.66mg (18.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.62g (61.24%), Vitamin A: 11818.23IU (236.36%), Vitamin B1: 1.45mg (96.56%), Selenium: 45.51µg (65.01%), Vitamin B6: 1.2mg (60.15%), Vitamin B3: 10.06mg (50.29%), Phosphorus: 381.25mg (38.13%), Vitamin B2: 0.53mg (31.22%), Potassium: 798.98mg (22.83%), Zinc: 2.9mg (19.34%), Vitamin B5: 1.58mg (15.79%), Iron: 2.34mg (12.99%), Magnesium: 50mg (12.5%), Vitamin B12: 0.73µg (12.15%), Copper: 0.23mg (11.48%), Fiber: 2.68g (10.73%), Manganese: 0.21mg (10.46%), Vitamin K: 8.48µg (8.08%), Folate: 23.96µg (5.99%), Calcium: 40.28mg (4.03%), Vitamin C: 2.43mg (2.94%), Vitamin E: 0.4mg (2.69%), Vitamin D: 0.28µg (1.89%)