



Honey Mustard Pork Tenderloin

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

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon dijon mustard
- 1 cloves garlic finely chopped
- 1 tablespoon honey
- 0.5 teaspoon oregano dried
- 0.8 lb pork tenderloin
- 2 teaspoons vegetable oil

Equipment

- bowl

- frying pan
- oven
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 425F. Line 15x10x1-inch pan with foil; place pork tenderloin in pan. In small bowl, mix remaining ingredients; brush over pork tenderloin.
- Bake 25 to 30 minutes or until pork has slight blush of pink in center and meat thermometer inserted in center reads 160F.
- Let stand 5 minutes.
- Cut diagonally into slices.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:2.34, Inflammation Score:-3, Nutrition Score:11.4469564123%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 141.98kcal (7.1%), Fat: 5.39g (8.3%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.65g (1.69%), Sugar: 4.38g (4.87%), Cholesterol: 55.28mg (18.43%), Sodium: 85.88mg (3.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.81g (35.62%), Vitamin B1: 0.84mg (56.28%), Selenium: 27.2µg (38.86%), Vitamin B6: 0.67mg (33.32%), Vitamin B3: 5.67mg (28.33%), Phosphorus: 212.45mg (21.24%), Vitamin B2: 0.29mg (17.25%), Zinc: 1.64mg (10.94%), Potassium: 348.75mg (9.96%), Vitamin B12: 0.44µg (7.37%), Vitamin B5: 0.73mg (7.33%), Magnesium: 25.73mg (6.43%), Iron: 1.01mg (5.62%), Vitamin K: 5.76µg (5.49%), Copper: 0.08mg (4.21%), Vitamin E: 0.43mg (2.87%), Manganese: 0.06mg (2.84%), Vitamin D: 0.26µg (1.7%), Calcium: 13.13mg (1.31%), Fiber: 0.29g (1.17%)