



Honey-Rosemary Pork Tenderloin



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 tablespoons honey
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 tablespoon mustard seeds
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup citrus champagne vinegar

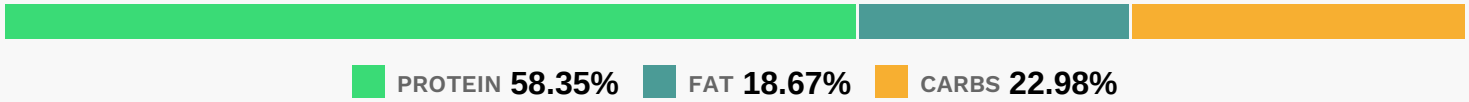
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ mortar and pestle

Directions

- ☐ Place mustard seeds in a mortar. Using a pestle, grind until crushed.
- ☐ Combine crushed mustard seeds, vinegar, and next 4 ingredients in a small bowl; stir with a whisk.
- ☐ Place pork in a heavy-duty zip-top plastic bag.
- ☐ Pour vinegar mixture over pork; seal. Marinate in refrigerator at least 8 hours, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove pork from bag, discarding marinade.
- ☐ Place pork on grill rack coated with cooking spray. Insert meat thermometer into thickest part of pork. Cover and grill 20 minutes or until meat thermometer registers 160, turning pork occasionally.
- ☐ Remove pork from grill; let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:4.53, Inflammation Score:-3, Nutrition Score:15.823478526395%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 174.25kcal (8.71%), Fat: 3.49g (5.37%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 9.2g (3.35%), Sugar: 8.81g (9.79%), Cholesterol: 73.71mg (24.57%), Sodium: 353.31mg (15.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.54g (49.09%), Vitamin B1: 1.15mg (76.94%), Selenium: 40.74µg (58.2%), Vitamin B6: 0.9mg (44.83%), Vitamin B3: 7.73mg (38.64%), Phosphorus: 305.4mg (30.54%), Vitamin B2: 0.4mg (23.53%), Zinc: 2.35mg (15.64%), Potassium: 491.04mg (14.03%), Magnesium: 42.48mg (10.62%), Vitamin B5: 0.99mg (9.95%), Vitamin B12: 0.58µg (9.64%), Iron: 1.55mg (8.59%), Copper: 0.13mg (6.45%), Manganese: 0.12mg (6.17%), Vitamin E: 0.39mg (2.6%), Fiber: 0.46g (1.83%), Calcium: 17.13mg (1.71%), Vitamin D: 0.23µg (1.51%), Folate: 5.23µg (1.31%)