



Horseradish-Crusted Pork Tenderloin

 Dairy Free  Very Healthy

READY IN



110 min.

SERVINGS



4

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds brussels sprouts
- ☐ 1 teaspoon cumin seeds
- ☐ 3 tablespoons horseradish prepared drained
- ☐ 2 pound pork tenderloins trimmed
- ☐ 2 tablespoons juice of lime
- ☐ 4 tablespoons mayonnaise reduced-fat
- ☐ 2 teaspoons olive oil for pan
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup scallions green chopped (part only)
- ☐ 2.5 pounds sweet potatoes

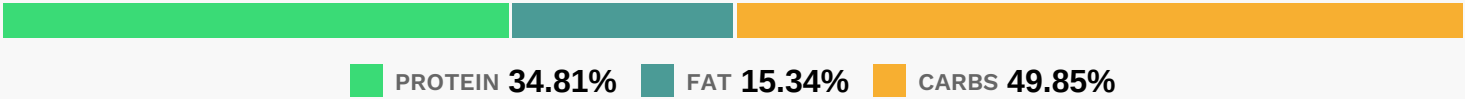
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 42
- ☐ Cut sprouts into 1/4-inch-thick slices; toss on a baking sheet with next 4 ingredients (through pepper). Roast in upper third of oven, stirring occasionally for 25 minutes or until crisp and tender; set aside.
- ☐ Reduce oven temperature to 40
- ☐ Prick sweet potatoes with a fork, and wrap in foil. Roast in middle of oven for 1 hour 15 minutes or until tender.
- ☐ Let cool; peel. Mash until almost smooth; cover and keep warm.
- ☐ Meanwhile, place tenderloins on a lightly oiled baking sheet; spread each with 2 tablespoons mayonnaise. Toss panko, scallions, and horseradish in a bowl; pat onto tops and sides of pork. Roast in lower third of oven for 45 minutes while potatoes bake.
- ☐ Transfer pork to a cutting board. Cover with foil; let stand for 10 minutes. Meanwhile, reheat Brussels sprouts in pan for 5 minutes or until hot.
- ☐ Transfer to a bowl; toss with lime juice.
- ☐ Cut 1 tenderloin and one-fourth of the other into slices. Evenly divide half the sprouts and mashed sweet potatoes among 4 plates; serve with sliced pork.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:31.01, Inflammation Score:-10, Nutrition Score:59.463042611661%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 4.69mg, Naringenin: 4.69mg, Naringenin: 4.69mg, Naringenin: 4.69mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 675.68kcal (33.78%), Fat: 11.61g (17.87%), Saturated Fat: 2.69g (16.78%), Carbohydrates: 84.94g (28.31%), Net Carbohydrates: 69.56g (25.29%), Sugar: 17.73g (19.7%), Cholesterol: 149.66mg (49.89%), Sodium: 732.79mg (31.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.31g (118.61%), Vitamin A: 41433.68IU (828.67%), Vitamin K: 292.01µg (278.1%), Vitamin B1: 2.84mg (189.38%), Vitamin C: 134.73mg (163.31%), Vitamin B6: 2.7mg (135.24%), Selenium: 78.4µg (111.99%), Vitamin B3: 18.93mg (94.67%), Phosphorus: 829.94mg (82.99%), Manganese: 1.45mg (72.52%), Potassium: 2527.04mg (72.2%), Vitamin B2: 1.15mg (67.78%), Fiber: 15.38g (61.51%), Vitamin B5: 4.75mg (47.46%), Magnesium: 179.63mg (44.91%), Zinc: 6.13mg (40.89%), Iron: 7.28mg (40.42%), Copper: 0.8mg (39.87%), Folate: 149.49µg (37.37%), Vitamin E: 3.19mg (21.3%), Calcium: 205.88mg (20.59%), Vitamin B12: 1.21µg (20.15%), Vitamin D: 0.45µg (3.02%)