



Light Pork Tenderloins with Mustard Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brandy divided
- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon cornstarch
- ☐ 1 cup no-salt-added chicken broth undiluted canned
- ☐ 1.5 tablespoons mustard coarse-grained
- ☐ 2 teaspoons olive oil divided
- ☐ 0.5 cup onion sliced
- ☐ 0.3 teaspoon pepper

- ☐ 1.5 pound pork tenderloins
- ☐ 1 cup grapes red seedless halved
- ☐ 0.3 teaspoon salt
- ☐ 12 sprigs thyme leaves fresh (2-inch)
- ☐ 1 tablespoon water

Equipment

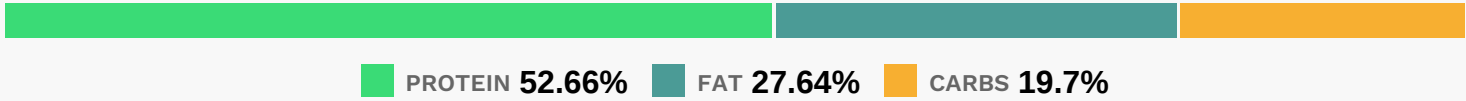
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Trim fat from tenderloins. Fold a piece of aluminum foil in half, crosswise; place tenderloins on aluminum foil lengthwise.
- ☐ Place thyme sprigs evenly on tenderloins.
- ☐ Combine 1 tablespoon brandy, 1 teaspoon olive oil, salt, and pepper in a small bowl; stir well.
- ☐ Pour over tenderloins, and wrap securely.
- ☐ Place on an ungreased baking sheet. Insert meat thermometer into thickest part of tenderloin, if desired.
- ☐ Bake at 400 for 30 to 35 minutes or until meat thermometer registers 16
- ☐ Remove tenderloins from foil; remove and discard thyme sprigs.
- ☐ Transfer tenderloins to a serving platter, and keep warm.
- ☐ Heat remaining 1 teaspoon olive oil in a skillet over medium-high heat until hot; add onion.
- ☐ Saute until tender.
- ☐ Add remaining 1 tablespoon brandy, brown sugar, and next 3 ingredients; stir well.

- ☐ Combine cornstarch and water; add to onion mixture, and stir. Bring to a boil; cook over medium-high heat until thickened, stirring occasionally.
- ☐ To serve, slice tenderloins diagonally across grain into thin slices, and serve with mustard sauce.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:2.38, Inflammation Score:-9, Nutrition Score:16.587826324546%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 201.79kcal (10.09%), Fat: 5.79g (8.91%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 8.36g (3.04%), Sugar: 6.51g (7.23%), Cholesterol: 73.71mg (24.57%), Sodium: 210.94mg (9.17%), Alcohol: 1.67g (100%), Alcohol %: 1.02% (100%), Protein: 24.81g (49.63%), Vitamin B1: 1.15mg (76.37%), Selenium: 35.76µg (51.09%), Vitamin B6: 0.92mg (45.99%), Vitamin B3: 8.16mg (40.79%), Phosphorus: 302.88mg (30.29%), Vitamin B2: 0.43mg (25.14%), Potassium: 568.73mg (16.25%), Zinc: 2.26mg (15.1%), Vitamin B12: 0.63µg (10.48%), Vitamin B5: 1mg (10.01%), Magnesium: 39.47mg (9.87%), Iron: 1.74mg (9.69%), Copper: 0.18mg (8.79%), Vitamin C: 5.01mg (6.07%), Manganese: 0.11mg (5.71%), Vitamin K: 4.72µg (4.5%), Fiber: 0.92g (3.67%), Vitamin E: 0.51mg (3.37%), Calcium: 26.61mg (2.66%), Vitamin A: 117.28IU (2.35%), Vitamin D: 0.34µg (2.27%), Folate: 4.23µg (1.06%)