



Maple-Mustard Pork Tenderloin With Caramelized Apples

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 4 medium granny smith apples peeled cut into 16 wedges (2 1/2 pounds)
- ☐ 6 tablespoons maple syrup divided
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound pork tenderloins
- ☐ 1 tablespoon teaspoon rosemary dried fresh chopped
- ☐ 0.5 teaspoon salt

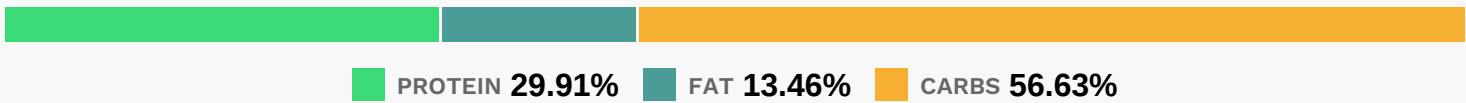
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 42
- ☐ Trim fat from pork.
- ☐ Place pork on a broiler pan coated with cooking spray.
- ☐ Combine mustard, 2 tablespoons syrup, rosemary, salt, and pepper in a small bowl; brush over pork. Insert meat thermometer into thickest part of pork.
- ☐ Bake at 425 for 25 minutes or until thermometer registers 160 (slightly pink).
- ☐ While pork is baking, heat a nonstick skillet over medium-high heat until hot.
- ☐ Add apples, and saute 5 minutes or until lightly browned. Reduce heat to low, and add 4 tablespoons maple syrup. Simmer 10 minutes or until apples are tender, stirring occasionally.
- ☐ Cut pork crosswise into slices; spoon cooked apples over pork.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:14.16, Inflammation Score:-5, Nutrition Score:21.328260805296%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-

gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 323.18kcal (16.16%), Fat: 4.92g (7.57%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 46.56g (15.52%), Net Carbohydrates: 41.27g (15.01%), Sugar: 37.13g (41.25%), Cholesterol: 73.71mg (24.57%), Sodium: 525.63mg (22.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.18%), Vitamin B1: 1.2mg (79.76%), Selenium: 39.68µg (56.69%), Vitamin B2: 0.82mg (48.42%), Vitamin B6: 0.96mg (48.1%), Manganese: 0.86mg (43.02%), Vitamin B3: 7.78mg (38.9%), Phosphorus: 312.93mg (31.29%), Fiber: 5.28g (21.13%), Potassium: 737.73mg (21.08%), Zinc: 2.52mg (16.81%), Magnesium: 54.81mg (13.7%), Vitamin B5: 1.11mg (11.09%), Vitamin C: 8.74mg (10.59%), Vitamin B12: 0.59µg (9.83%), Iron: 1.76mg (9.78%), Copper: 0.17mg (8.31%), Calcium: 67.36mg (6.74%), Vitamin K: 4.44µg (4.23%), Vitamin E: 0.63mg (4.22%), Vitamin A: 127.92IU (2.56%), Vitamin D: 0.34µg (2.27%), Folate: 8.11µg (2.03%)