



Mustard-Crusted Pork with Carrots and Lentils

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce lentils rinsed drained canned
- ☐ 1 pound precut carrot sticks fresh
- ☐ 2 tablespoons dijon mustard divided
- ☐ 0.3 cup bread crumbs dry fine
- ☐ 2 garlic cloves smashed
- ☐ 0.7 cup chicken broth reduced-sodium
- ☐ 5.5 tablespoons olive oil divided
- ☐ 1.3 pound pork tenderloin

☐ 2 thyme sprigs fresh

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 425°F with rack in middle.
- ☐ Toss carrots with 2 tablespoons oil and 1/4 teaspoon each of salt and pepper in a shallow baking pan and roast while preparing pork.
- ☐ Pat pork dry and sprinkle with 1/2 teaspoon salt.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then brown pork all over, about 3 minutes total.
- ☐ Put pork on a work surface and brush with 1 tablespoon mustard. Stir together bread crumbs and 1/2 tablespoon oil, then press onto mustard on pork to form a crust.
- ☐ Transfer pork to pan with carrots and roast until carrots are browned and tender and an instant-read thermometer inserted into center of meat registers 140 to 145°F, 15 to 22 minutes.
- ☐ Let pork stand 5 minutes; keep carrots warm, covered (or continue roasting if needed).
- ☐ While pork roasts, heat remaining 2 tablespoons oil with garlic and thyme in a small saucepan until fragrant, about 1 minute. Stir in lentils, broth, and remaining tablespoon mustard and cook until heated through. Season with salt and pepper and discard thyme.
- ☐ Serve pork with carrots and lentils.
- ☐ See Nutrition Data's complete analysis
- ☐ Nutrition Data

Nutrition Facts



 **PROTEIN 30.27%**  **FAT 34.55%**  **CARBS 35.18%**

Properties

Glycemic Index:45.88, Glycemic Load:11.5, Inflammation Score:-10, Nutrition Score:49.74826103708%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 673.67kcal (33.68%), Fat: 26.2g (40.3%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 60.01g (20%), Net Carbohydrates: 39.31g (14.29%), Sugar: 9.79g (10.88%), Cholesterol: 92.14mg (30.71%), Sodium: 300.6mg (13.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.63g (103.27%), Vitamin A: 18993.34IU (379.87%), Vitamin B1: 1.91mg (127.25%), Folate: 414.41µg (103.6%), Vitamin B6: 1.66mg (82.85%), Fiber: 20.7g (82.8%), Phosphorus: 800.72mg (80.07%), Selenium: 53.48µg (76.4%), Vitamin B3: 13.79mg (68.93%), Manganese: 1.36mg (67.97%), Iron: 9.54mg (53.02%), Potassium: 1772.07mg (50.63%), Vitamin B2: 0.75mg (43.92%), Zinc: 5.83mg (38.9%), Copper: 0.76mg (38.05%), Magnesium: 136.49mg (34.12%), Vitamin K: 30.76µg (29.29%), Vitamin B5: 2.92mg (29.23%), Vitamin E: 4.1mg (27.33%), Vitamin C: 11.18mg (13.55%), Vitamin B12: 0.8µg (13.33%), Calcium: 109.91mg (10.99%), Vitamin D: 0.43µg (2.83%)