



## Mustard-Dill Pork

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup dijon mustard
- 2 tablespoons optional: dill dried
- 1 tablespoon garlic chopped
- 2 teaspoons kosher salt
- 2 tablespoons olive oil extra-virgin
- 2.8 lb pork tenderloins
- 1 cup sauvignon blanc white wine
- 1 tablespoon sugar

# Equipment

- bowl
- grill
- aluminum foil

# Directions

- In a bowl, combine Sauvignon Blanc, mustard, olive oil, dill, garlic, sugar, and salt.
- Add pork tenderloins to marinade and chill at least 3 hours and up to 1 day.
- Set up a grill with zones for both indirect and direct medium heat. Grill pork over direct heat until browned on all sides, turning as needed, about 10 minutes total. Move tenderloins to indirect heat area, cover grill, and cook until meat is done the way you like it, 10 to 15 minutes for medium-rare (145; cut to test).
- Remove from grill, tent with foil, and let pork rest 5 to 10 minutes.

# Nutrition Facts



# Properties

Glycemic Index:22.02, Glycemic Load:1.59, Inflammation Score:-4, Nutrition Score:26.792608701664%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 347.46kcal (17.37%), Fat: 12.76g (19.64%), Saturated Fat: 3.16g (19.72%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 3.84g (1.4%), Sugar: 2.3g (2.56%), Cholesterol: 135.13mg (45.04%), Sodium: 1113.94mg (48.43%), Alcohol: 4.13g (100%), Alcohol %: 1.88% (100%), Protein: 44.12g (88.25%), Vitamin B1: 2.09mg (139.17%), Selenium: 70.25µg (100.36%), Vitamin B6: 1.64mg (81.92%), Vitamin B3: 13.9mg (69.48%), Phosphorus: 535.07mg (53.51%), Vitamin B2: 0.72mg (42.29%), Zinc: 4.07mg (27.14%), Potassium: 886.83mg (25.34%), Vitamin B5: 1.81mg (18.1%), Vitamin B12: 1.08µg (18.02%), Magnesium: 70.96mg (17.74%), Iron: 2.89mg (16.06%), Copper: 0.21mg (10.5%), Manganese: 0.18mg (8.98%), Vitamin E: 1.2mg (8.02%), Calcium: 46.35mg (4.63%), Fiber: 1.06g (4.22%), Vitamin D: 0.62µg (4.16%), Vitamin K: 3.14µg (2.99%), Vitamin A: 77.51IU (1.55%), Vitamin C: 1mg (1.21%)