



Mustard-Glazed Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons creole seasoning
- 8 oz dijon mustard (1 cup)
- 0.3 cup orange juice
- 1.5 pounds pork tenderloins
- 8 servings garnish: thyme sprigs fresh

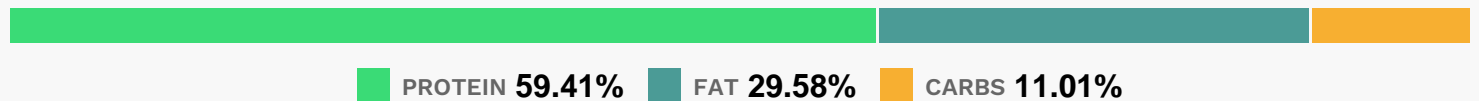
Equipment

- grill
- kitchen thermometer

Directions

- Stir together first 3 ingredients.
- Place pork in a shallow dish or a zip-top plastic freezer bag; pour mustard mixture over pork. Cover or seal, and chill 2 hours, turning occasionally.
- Remove pork from marinade, discarding marinade.
- Grill, covered with grill lid, over medium-high heat (350 to 400 to 12 minutes on each side or until a meat thermometer inserted into thickest portion registers 150°F).
- Remove from grill; let stand until thermometer registers 160°F.
- Let stand 5 more minutes before slicing.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:14.506086800409%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 128.99kcal (6.45%), Fat: 4.21g (6.48%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 1.81g (0.66%), Sugar: 1.4g (1.56%), Cholesterol: 55.28mg (18.43%), Sodium: 356.64mg (15.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.05g (38.09%), Vitamin B1: 0.9mg (60.18%), Selenium: 35.53µg (50.76%), Vitamin B6: 0.71mg (35.42%), Vitamin B3: 5.95mg (29.75%), Phosphorus: 243.76mg (24.38%), Vitamin B2: 0.32mg (19.1%), Potassium: 428.7mg (12.25%), Vitamin A: 610.13IU (12.2%), Zinc: 1.83mg (12.17%), Magnesium: 41.21mg (10.3%), Vitamin C: 7.84mg (9.5%), Iron: 1.57mg (8.71%), Manganese: 0.17mg (8.69%), Vitamin B5: 0.82mg (8.21%), Vitamin B12: 0.44µg (7.37%), Fiber: 1.72g (6.88%), Copper: 0.11mg (5.57%), Vitamin E: 0.66mg (4.42%), Calcium: 30mg (3%), Folate: 6.86µg (1.71%), Vitamin D: 0.26µg (1.7%), Vitamin K: 1.44µg (1.37%)