



Mustard-Grilled Pork



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds pork loin boneless trimmed
- ☐ 6 servings grilled and cabbage slaw green red
- ☐ 0.5 cup dijon mustard
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon brown sugar packed ()
- ☐ 0.3 cup mayonnaise

Equipment

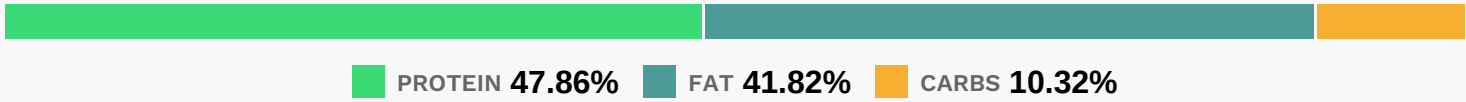
- ☐ bowl

- ☐ whisk
- ☐ grill

Directions

- ☐ Spray grill rack with nonstick spray. Prepare barbecue (medium-high heat).
- ☐ Whisk mustard, mayonnaise, tarragon, and brown sugar in medium bowl.
- ☐ Brush mustard sauce generously on both sides of pork cutlets.
- ☐ Grill pork until just cooked through and firm to touch, 2 to 3 minutes per side.
- ☐ Transfer to plates.
- ☐ Serve with Grilled Red and Green Cabbage Slaw.
- ☐ Per serving: 294 calories, 13g fat (4g saturated), 85mg cholesterol, 618mg sodium, 5g carbohydrates, 0g fiber, 33g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:1.46, Inflammation Score:-5, Nutrition Score:23.463043440943%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 304.25kcal (15.21%), Fat: 13.98g (21.5%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 5.03g (1.83%), Sugar: 4.53g (5.03%), Cholesterol: 99.17mg (33.06%), Sodium: 375.49mg (16.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.98%), Selenium: 49.44µg (70.62%), Vitamin K: 68.72µg (65.45%), Vitamin B6: 1.27mg (63.62%), Vitamin B1: 0.76mg (50.37%), Vitamin B3: 9.07mg (45.37%), Phosphorus: 386.5mg (38.65%), Vitamin C: 26.29mg (31.86%), Potassium: 755.36mg (21.58%), Zinc: 3.04mg (20.27%), Vitamin B2: 0.34mg (20.11%), Magnesium: 61.99mg (15.5%), Manganese: 0.3mg (15.2%), Vitamin B5: 1.36mg (13.56%), Vitamin B12: 0.78µg (13.04%), Fiber: 2.73g (10.91%), Iron: 1.89mg (10.48%), Folate: 35.24µg (8.81%),

Calcium: 64.33mg (6.43%), Copper: 0.13mg (6.35%), Vitamin E: 0.68mg (4.54%), Vitamin D: 0.62μg (4.16%),
Vitamin A: 138.4IU (2.77%)