



Mustard Herb-Crusted Pork Tenderloin

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 tablespoons dijon mustard
- 0.5 teaspoon fennel seeds crushed
- 0.3 cup parsley fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 1 garlic clove minced
- 1 pound pork tenderloin trimmed
- 3 tablespoons romano cheese fresh grated
- 0.3 teaspoon salt

0.5 ounce bread white

Equipment

food processor

bowl

frying pan

oven

kitchen thermometer

Directions

Preheat oven to 45

Place slice of bread in a food processor, and pulse 10 times or until coarse crumbs measure 1/4 cup.

Combine the breadcrumbs, 1/4 cup chopped parsley, cheese, and 2 teaspoons thyme in a shallow dish.

Sprinkle pork with salt and pepper.

Combine Dijon mustard, fennel seeds, and garlic in a small bowl. Rub pork with mustard mixture, and dredge in breadcrumb mixture.

Place the pork on a jelly-roll pan coated with cooking spray.

Bake at 450 for 25 minutes or until a thermometer registers 160 (slightly pink).

Let stand for 10 minutes.

Cut crosswise into 1/4-inch-thick slices.

Substitute Parmigiano-Reggiano for the Romano cheese or try honey mustard in place of Dijon mustard, if you prefer.

Nutrition Facts

PROTEIN 68.22% **FAT 23.39%** **CARBS 8.39%**

Properties

Glycemic Index:68.19, Glycemic Load:1.46, Inflammation Score:-8, Nutrition Score:19.696521577628%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 156.76kcal (7.84%), Fat: 3.94g (6.06%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.38g (0.87%), Sugar: 0.36g (0.4%), Cholesterol: 77.61mg (25.87%), Sodium: 352.4mg (15.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.86g (51.73%), Vitamin B1: 1.17mg (78.1%), Vitamin K: 61.82µg (58.87%), Selenium: 38.96µg (55.65%), Vitamin B6: 0.91mg (45.51%), Vitamin B3: 7.88mg (39.41%), Phosphorus: 326.4mg (32.64%), Vitamin B2: 0.43mg (25.02%), Zinc: 2.4mg (15.98%), Potassium: 506.05mg (14.46%), Vitamin B5: 1.04mg (10.41%), Magnesium: 41.45mg (10.36%), Vitamin B12: 0.62µg (10.34%), Iron: 1.85mg (10.29%), Vitamin C: 6.91mg (8.37%), Vitamin A: 385.08IU (7.7%), Calcium: 71.71mg (7.17%), Manganese: 0.13mg (6.52%), Copper: 0.13mg (6.51%), Fiber: 0.8g (3.2%), Folate: 10.9µg (2.73%), Vitamin E: 0.32mg (2.14%), Vitamin D: 0.25µg (1.64%)