

Mustard Pomegranate Pork Tenderloin



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 dash cayenne pepper
- ☐ 1.5 tablespoons dijon mustard
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon honey
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange zest
- ☐ 0.3 cup pomegranate juice
- ☐ 4 tablespoons pomegranate seeds

☐ 1.5 pound pork tenderloin

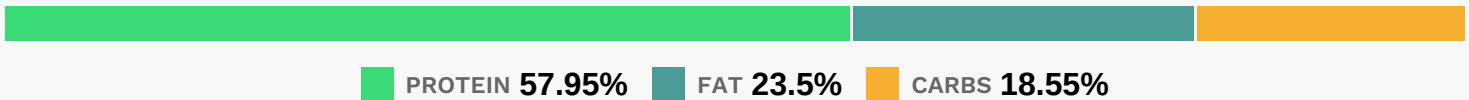
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ In a clean jar with a tight-fitting lid, combine pomegranate juice, orange juice, mustard, honey, garlic, orange zest, and cayenne pepper. Tighten lid, and shake until everything is mixed well.
- ☐ Pour over pork tenderloin in a large resealable plastic bag. Seal bag, and refrigerate for at least one hour and up to 3 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Coat a large roasting pan with cooking spray.
- ☐ Remove tenderloin from marinade, reserving the marinade.
- ☐ Place meat in roasting pan, and arrange pan on center rack in oven.
- ☐ Pour marinade into a small saucepan. Bring to a boil, reduce heat to simmer, and reduce volume by half.
- ☐ Remove from heat.
- ☐ Place 1/2 of liquid in a cup for basting, and reserve to use as a sauce.
- ☐ Roast tenderloin in oven for 30 to 40 minutes, basting lightly with reduced marinade until internal temperature is 145 degrees F (63 degrees C) when measured in the thickest part of the tenderloin.
- ☐ Remove tenderloin from oven, cover with foil, and let rest for 5 to 10 minutes before slicing.
- ☐ Serve each portion with reserved sauce drizzled over top, and a sprinkle of pomegranate seeds.

Nutrition Facts



Properties

Glycemic Index:66.32, Glycemic Load:4.65, Inflammation Score:-3, Nutrition Score:22.910869556925%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 253.02kcal (12.65%), Fat: 6.46g (9.93%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 10.49g (3.82%), Sugar: 9.72g (10.8%), Cholesterol: 110.56mg (36.85%), Sodium: 152.69mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.82g (71.64%), Vitamin B1: 1.71mg (113.97%), Selenium: 53.74µg (76.78%), Vitamin B6: 1.34mg (67.04%), Vitamin B3: 11.44mg (57.18%), Phosphorus: 430.69mg (43.07%), Vitamin B2: 0.6mg (35.02%), Potassium: 783.92mg (22.4%), Zinc: 3.31mg (22.09%), Vitamin B5: 1.58mg (15.81%), Vitamin B12: 0.88µg (14.74%), Magnesium: 53.66mg (13.42%), Vitamin C: 10.28mg (12.46%), Iron: 1.87mg (10.4%), Copper: 0.19mg (9.7%), Manganese: 0.1mg (4.97%), Vitamin K: 4.21µg (4.01%), Fiber: 0.97g (3.9%), Vitamin E: 0.56mg (3.72%), Folate: 14.78µg (3.7%), Vitamin D: 0.51µg (3.4%), Calcium: 21.18mg (2.12%), Vitamin A: 50.97IU (1.02%)