



Mustard Pork with Spaetzle

READY IN



45 min.

SERVINGS



6

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup baby carrots sliced
- 0.8 teaspoon pepper black
- 2 tablespoons butter
- 3 tablespoons dijon mustard
- 10.5 ounces extra wide egg noodles (German noodles)
- 3 tablespoons flour all-purpose
- 3 tablespoons optional: dill fresh snipped
- 10 ounces cut green beans frozen
- 0.3 cup milk

- 1 cup pearl onions frozen (from 10-ounce bag)
- 1 pound pork tenderloin
- 0.5 teaspoon salt
- 8 ounces cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Cook the spaetzle following the package directions, adding the sliced carrots for the last 10 minutes of cooking.
- Meanwhile, slice the pork tenderloin in half lengthwise; then slice crosswise into thin slices, 1/4 to 1/2-inch thick.
- Place pork slices in plastic food-storage bag with the flour, 1/4 teaspoon pepper and 1/4 teaspoon salt; seal; shake to coat the pork slices evenly.
- Heat the butter in a large saucepan over medium-high heat. Working in batches to avoid crowding the skillet if necessary, add the pork slices. Cook, turning over, until no longer pink, about 5 minutes.
- Add the frozen green beans, breaking them apart, and onions; cook, stirring, for 4 minutes.
- Meanwhile, whisk together sour cream, mustard, milk, dill, remaining 1/2 teaspoon pepper and remaining 1/4 teaspoon salt in a bowl.
- Add to pork mixture in skillet, stirring constantly. Reduce heat to medium; cook, uncovered, 5 minutes or until vegetables are tender and sauce is thick and creamy.
- Drain spaetzle-carrot mixture. Arrange on platter. Top with pork-vegetable mixture.
- Serve immediately.

Nutrition Facts



■ PROTEIN 23.11% ■ FAT 33.56% ■ CARBS 43.33%

Properties

Glycemic Index:59.83, Glycemic Load:18.95, Inflammation Score:-9, Nutrition Score:25.28304346748%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg

Nutrients (% of daily need)

Calories: 450.75kcal (22.54%), Fat: 16.88g (25.97%), Saturated Fat: 8.02g (50.11%), Carbohydrates: 49.03g (16.34%), Net Carbohydrates: 44.65g (16.24%), Sugar: 6.71g (7.46%), Cholesterol: 124.77mg (41.59%), Sodium: 385.87mg (16.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.3%), Selenium: 68.11µg (97.31%), Vitamin B1: 0.95mg (63.08%), Vitamin A: 2226.21IU (44.52%), Vitamin B6: 0.84mg (42.12%), Phosphorus: 391.86mg (39.19%), Manganese: 0.7mg (35.01%), Vitamin B3: 6.81mg (34.06%), Vitamin B2: 0.47mg (27.73%), Vitamin K: 23.19µg (22.09%), Potassium: 689.5mg (19.7%), Magnesium: 76.48mg (19.12%), Zinc: 2.83mg (18.86%), Fiber: 4.38g (17.54%), Vitamin B5: 1.51mg (15.09%), Iron: 2.7mg (15%), Copper: 0.29mg (14.75%), Folate: 50.49µg (12.62%), Vitamin B12: 0.7µg (11.62%), Vitamin C: 9.5mg (11.51%), Calcium: 114.77mg (11.48%), Vitamin E: 0.84mg (5.61%), Vitamin D: 0.52µg (3.5%)