



HEALTH SCORE

58%

Pan Roasted Pork Tenderloin with Mustard Spaetzle and Apple Cilantro Salsa

READY IN

**55 min.**

SERVINGS

**6**

CALORIES

**1231 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.5 bunch cilantro leaves chopped
- ☐ 0.5 cup dijon mustard
- ☐ 2 tablespoons mustard dry
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 3 small gala apples diced
- ☐ 1 tablespoon ground cinnamon

- ☐ 2 tablespoons ground cumin
- ☐ 1 jalapeño minced
- ☐ 1 juice of lemon juiced
- ☐ 1 tablespoon kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil
- ☐ 3 tablespoons parmesan grated
- ☐ 2 pork tenderloins boneless (3 to 4 pounds total)
- ☐ 2 tablespoons rice wine vinegar
- ☐ 1.5 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ spatula
- ☐ slotted spoon
- ☐ colander
- ☐ cutting board

Directions

- ☐ Bring a large pot of water to a boil over medium heat.

- ☐ In a large bowl, whisk together the flour, mustard, dry mustard, Parmesan and salt. Then add eggs and milk and stir together using a metal or wooden spoon. The consistency should be a thick batter, a little thicker than pancake batter. When the water comes to a boil put a colander over the pot and pour in the batter. Using a rubber spatula, force the batter through the holes of the colander so it falls in little drops into the water. Cook for just a minute. When the spaetzle float to the surface, they are cooked. Strain and immediately rinse with cold water to cool and stop the cooking process.
- ☐ Lay the spaetzle out on a cookie sheet to dry a little bit.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Heat a large, oven-proof saute pan over high heat.
- ☐ Add canola oil and when it starts to smoke add the pork. Liberally season the pork with salt and pepper, to taste. Sear the pork on all sides to get a real good deep brown color all over the pork.
- ☐ Transfer the pan to the oven to finish cooking. Roast until an instant-read thermometer inserted into the middle of the pork registers 138 degrees F, about 10 to 15 minutes for medium-well.
- ☐ Remove the pork from the oven to a cutting board and let rest for 10 minutes before slicing.
- ☐ Salsa: While the pork is cooking, make the salsa. In a large bowl, add the apples, the vinegar and lemon juice and toss to coat and to prevent them from turning brown.
- ☐ Add the jalapeno, oil, spices and salt and mix thoroughly. Stir in the cilantro, cover and refrigerate. It will keep up to 1 day.
- ☐ In a large saute pan heat 3 tablespoons of olive oil over high heat. When the oil begins to smoke add the spaetzle and turn the heat to medium-high.
- ☐ Let the spaetzle sit for a minute to get brown, then stir and brown for another minute. You are looking for nice crisp, golden brown pieces of pasta. (They shouldn't stick if you made them right. If they do stick, it means the batter was too loose from the start. If the batter was too loose just add a little more flour the next time.)
- ☐ With a slotted spoon, remove the spaetzle from the oil and to a platter. Top with slices of pork loin and a generous helping of the salsa right over the top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:26.99, Inflammation Score:-8, Nutrition Score:53.386086733445%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 1231.04kcal (61.55%), Fat: 51.58g (79.35%), Saturated Fat: 12.34g (77.1%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 44.28g (16.1%), Sugar: 11.63g (12.92%), Cholesterol: 456.61mg (152.2%), Sodium: 1795.78mg (78.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 136.07g (272.13%), Vitamin B1: 6.39mg (426.14%), Selenium: 215.67µg (308.11%), Vitamin B6: 4.79mg (239.34%), Vitamin B3: 42.96mg (214.79%), Phosphorus: 1684.8mg (168.48%), Vitamin B2: 2.45mg (144.29%), Zinc: 12.55mg (83.64%), Potassium: 2720.81mg (77.74%), Vitamin B12: 3.63µg (60.57%), Vitamin B5: 5.86mg (58.58%), Iron: 10.3mg (57.21%), Magnesium: 214.12mg (53.53%), Manganese: 0.87mg (43.48%), Vitamin E: 5.63mg (37.53%), Copper: 0.69mg (34.42%), Folate: 93.13µg (23.28%), Calcium: 213.8mg (21.38%), Fiber: 5.13g (20.53%), Vitamin K: 20.42µg (19.45%), Vitamin D: 2.79µg (18.61%), Vitamin C: 8.76mg (10.62%), Vitamin A: 365.64IU (7.31%)