



Peach-Mustard-Glazed Pork Tenderloin

READY IN



60 min.

SERVINGS



8

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup bourbon
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons dijon mustard country-style
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup peach preserves
- ☐ 2.5 lb pork tenderloins
- ☐ 0.3 teaspoon pepper dried red crushed

- ☐ 0.5 teaspoon salt
- ☐ 1 large shallots minced

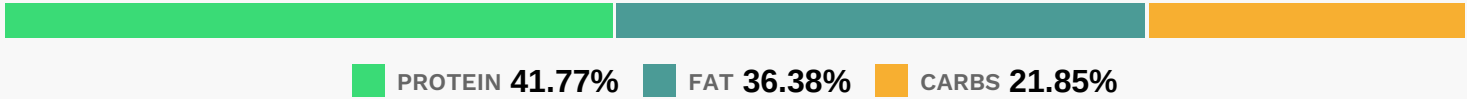
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 40
- ☐ Sprinkle tenderloins with salt and black pepper. Cook in hot oil in a large ovenproof skillet over high heat 3 to 4 minutes on each side or until lightly browned.
- ☐ Melt butter in a small skillet over medium-high heat; add shallot, and saut 2 to 3 minutes until tender.
- ☐ Remove from heat, and stir in peach preserves and next 3 ingredients. Cook over medium heat, stirring often, 1 minute or until preserves are melted.
- ☐ Pour over tenderloins.
- ☐ Bake at 400 for 20 minutes or until a meat thermometer inserted in thickest portion registers 15
- ☐ Transfer to a cutting board, reserving drippings in skillet. Cover loosely with aluminum foil, and let stand 10 minutes before slicing.
- ☐ Meanwhile, stir broth into reserved drippings, and cook over medium-high heat, stirring constantly, 5 minutes or until reduced by half.
- ☐ Serve with sliced tenderloins.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:8.08, Inflammation Score:-3, Nutrition Score:19.139130387617%

Nutrients (% of daily need)

Calories: 315.69kcal (15.78%), Fat: 11.59g (17.83%), Saturated Fat: 4g (24.99%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 15.11g (5.49%), Sugar: 10.63g (11.81%), Cholesterol: 99.66mg (33.22%), Sodium: 295.63mg (12.85%), Alcohol: 3.34g (100%), Alcohol %: 2.09% (100%), Protein: 29.93g (59.87%), Vitamin B1: 1.41mg (93.69%), Selenium: 44.74µg (63.92%), Vitamin B6: 1.11mg (55.27%), Vitamin B3: 9.62mg (48.09%), Phosphorus: 360.46mg (36.05%), Vitamin B2: 0.5mg (29.63%), Zinc: 2.73mg (18.18%), Potassium: 606.16mg (17.32%), Vitamin B12: 0.76µg (12.63%), Vitamin B5: 1.22mg (12.17%), Magnesium: 42.11mg (10.53%), Iron: 1.66mg (9.2%), Copper: 0.17mg (8.25%), Vitamin E: 0.96mg (6.41%), Manganese: 0.07mg (3.61%), Vitamin D: 0.43µg (2.83%), Vitamin C: 2.14mg (2.59%), Vitamin K: 2.7µg (2.58%), Vitamin A: 112.3IU (2.25%), Fiber: 0.55g (2.19%), Calcium: 18.59mg (1.86%)