



Peppered Pork With Pecan Biscuits

READY IN



15 min.

SERVINGS



100

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 oz baking mix all-purpose
- ☐ 0.3 cup butter melted
- ☐ 1 cup buttermilk
- ☐ 100 servings dijon mustard coarse-grained
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup pecans chopped
- ☐ 2 teaspoons pepper
- ☐ 2 tablespoons basil pesto prepared
- ☐ 2 lb pork tenderloin

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 0.8 cup water (100° to 110°)
- ☐ 0.3 oz yeast

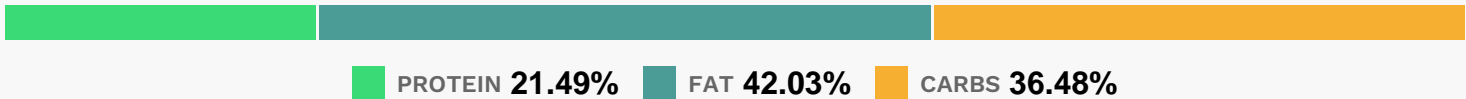
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Combine pepper and salt. Rub evenly over pork tenderloins, and place on a lightly greased rack in a roasting pan.
- ☐ Bake at 450 for 20 to 25 minutes or until a meat thermometer inserted into thickest portion registers 15
- ☐ Let stand 10 minutes before thinly slicing. Reduce oven temperature to 42
- ☐ Combine yeast, sugar, and 3/4 cup water in a large bowl; let stand 5 minutes.
- ☐ Add baking mix and next 4 ingredients to yeast mixture, stirring until dry ingredients are moistened. Stir in flour (up to 1/2 cup) as needed until dough pulls away from sides of bowl. Turn dough out onto a lightly floured surface, and knead gently 2 to 3 times.
- ☐ Pat or roll dough to a 1-inch thickness; cut biscuits with a 1 1/2-inch round cutter.
- ☐ Place biscuits on lightly greased baking sheets.
- ☐ Bake at 425 for 10 to 12 minutes or until lightly browned. Split biscuits; serve sliced pork in biscuits with mustard.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.49, Inflammation Score:-1, Nutrition Score:2.6456521900128%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 51.76kcal (2.59%), Fat: 2.42g (3.72%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.29g (1.56%), Sugar: 1g (1.11%), Cholesterol: 7.52mg (2.51%), Sodium: 164.44mg (7.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Vitamin B1: 0.15mg (9.91%), Selenium: 5.21µg (7.44%), Phosphorus: 65.49mg (6.55%), Vitamin B3: 0.96mg (4.8%), Vitamin B2: 0.07mg (4.1%), Vitamin B6: 0.08mg (4.03%), Manganese: 0.08mg (3.78%), Folate: 10.5µg (2.63%), Iron: 0.38mg (2.09%), Zinc: 0.28mg (1.87%), Magnesium: 7.44mg (1.86%), Calcium: 17.97mg (1.8%), Fiber: 0.44g (1.75%), Potassium: 59.89mg (1.71%), Vitamin B5: 0.17mg (1.68%), Copper: 0.03mg (1.48%), Vitamin B12: 0.08µg (1.36%)