



Pork-Filled Dijon-Pepper Biscuits



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



36 kcal

Ingredients

- ☐ 1 bay leaves
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 1.5 teaspoons thyme dried
- ☐ 4 teaspoons olive oil divided
- ☐ 0.8 cup cranberry-orange relish
- ☐ 24 servings pepper
- ☐ 1 pound pork tenderloin
- ☐ 1 tablespoon salt
- ☐ 2 tablespoons sugar

- ☐ 4 cups water
- ☐ 1 teaspoon allspice whole

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Trim fat from pork.
- ☐ Combine pork and next 6 ingredients (pork through bay leaf) in a large zip-top plastic bag. Seal and marinate in refrigerator 2 1/2 hours.
- ☐ Preheat oven to 350
- ☐ Remove pork from bag; discard marinade. Pat pork dry with a paper towel.
- ☐ Combine rosemary and 1 teaspoon oil; rub over pork.
- ☐ Heat remaining 3 teaspoons oil in a nonstick skillet over medium-high heat.
- ☐ Add pork; cook 5 minutes, browning on all sides.
- ☐ Place pork on broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of pork.
- ☐ Bake at 350 for 35 minutes or until thermometer registers 160 (slightly pink). Wrap in foil; chill 3 hours or overnight.
- ☐ Cut pork diagonally across grain into 24 slices.
- ☐ Place 1 slice pork on each bottom half of split Dijon-Pepper Biscuits. Top each slice with 1 1/2 teaspoons relish; cover with top halves.

Nutrition Facts



 PROTEIN **44.34%**  FAT **34.32%**  CARBS **21.34%**

Properties

Glycemic Index:9.57, Glycemic Load:0.95, Inflammation Score:-1, Nutrition Score:2.9286956385426%

Flavonoids

Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 36.06kcal (1.8%), Fat: 1.37g (2.11%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.53g (1.7%), Cholesterol: 12.28mg (4.09%), Sodium: 302.72mg (13.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Vitamin B1: 0.19mg (12.74%), Selenium: 5.78µg (8.25%), Vitamin B6: 0.15mg (7.46%), Vitamin B3: 1.28mg (6.38%), Phosphorus: 47.24mg (4.72%), Vitamin B2: 0.07mg (3.93%), Vitamin C: 3.11mg (3.77%), Potassium: 88.59mg (2.53%), Zinc: 0.37mg (2.46%), Vitamin B5: 0.17mg (1.74%), Iron: 0.3mg (1.67%), Magnesium: 6.67mg (1.67%), Vitamin B12: 0.1µg (1.64%), Vitamin K: 1.64µg (1.56%), Copper: 0.03mg (1.45%), Manganese: 0.03mg (1.45%), Vitamin E: 0.15mg (1.02%)