



Pork Tenderloin Appetizer Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon cumin seeds
- 1 teaspoon thyme leaves dried
- 0.1 teaspoon garlic powder
- 0.1 teaspoon ground cloves
- 0.3 cup mayonnaise
- 2 tablespoons olive oil
- 0.8 teaspoon onion powder
- 0.3 teaspoon pepper

- 0.8 pound pork tenderloin
- 0.3 cup spicy brown mustard
- 8 servings cocktail rolls
- 1.5 tablespoons worcestershire sauce
- 0.5 cup burgundy dry red

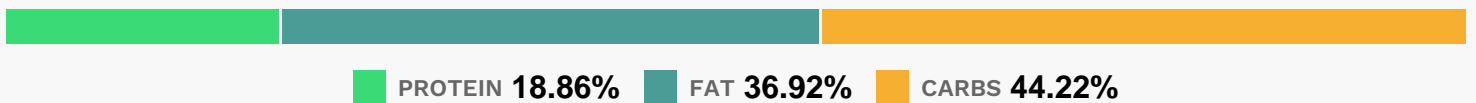
Equipment

- oven
- roasting pan
- kitchen thermometer
- ziploc bags

Directions

- Place tenderloin in a heavy-duty, zip-top plastic bag.
- Combine wine and next 8 ingredients; pour over tenderloin. Seal bag; marinate in refrigerator 8 hours, turning occasionally.
- Remove tenderloin from marinade, reserving marinade.
- Place tenderloin on a rack in a shallow roasting pan. Insert meat thermometer into thickest portion of tenderloin.
- Bake at 425 for 30 to 35 minutes or until meat thermometer registers 160, basting occasionally with marinade.
- Let meat stand 10 minutes.
- Combine mayonnaise and mustard, stirring well.
- Cut tenderloin into 1/4" slices and serve with mayonnaise mixture on cocktail rolls.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:23.02, Inflammation Score:-2, Nutrition Score:10.048260758752%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 324.31kcal (16.22%), Fat: 12.75g (19.61%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 34.35g (11.45%), Net Carbohydrates: 32.83g (11.94%), Sugar: 4.82g (5.36%), Cholesterol: 30.58mg (10.19%), Sodium: 486.73mg (21.16%), Alcohol: 1.58g (100%), Alcohol %: 1.33% (100%), Protein: 14.65g (29.31%), Iron: 11.65mg (64.7%), Vitamin B1: 0.44mg (29.19%), Selenium: 15.76µg (22.52%), Vitamin B6: 0.33mg (16.74%), Vitamin K: 15.97µg (15.21%), Vitamin B3: 2.89mg (14.45%), Phosphorus: 116.92mg (11.69%), Vitamin B2: 0.16mg (9.13%), Potassium: 212.54mg (6.07%), Fiber: 1.52g (6.07%), Zinc: 0.89mg (5.9%), Vitamin E: 0.87mg (5.83%), Magnesium: 16.87mg (4.22%), Manganese: 0.08mg (4.13%), Vitamin B5: 0.39mg (3.94%), Vitamin B12: 0.23µg (3.83%), Copper: 0.06mg (2.79%), Calcium: 22.61mg (2.26%)