



 **100%**
HEALTH SCORE

Pork Tenderloin Cordon Bleu with Mushroom-Mustard Cream Sauce

 Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



20344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs
- 3 tablespoons ground mustard divided
- 4 ounces cream cheese
- 8 ounces crimini mushrooms thinly sliced
- 0.3 cup wine dry white
- 2 eggs lightly beaten
- 1 cup flour

- 4 medium ham smoked
- 0.5 cup cup heavy whipping cream
- 4 servings kosher salt
- 2 pork tenderloins trimmed of fat
- 4 tablespoons olive oil
- 4 servings pepper black
- 0.5 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- oven
- roasting pan
- wooden spoon
- aluminum foil
- stove
- pie form
- kitchen twine

Directions

- Adjust oven rack to lower-middle position and preheat oven to 350°F.
- Season pork with salt and pepper.
- Lay two ham slices over the inside of each butterflied pork tenderloin. Top with two slices of Swiss cheese each.
- Mix 1 1/2 tablespoons mustard and cream cheese in a small bowl.
- Spread mixture evenly on top of Swiss cheese. Starting about 1/2-inch from the bottom and leaving 1/2-inch on either side, pull the bottom edge of meat up and over the filling and roll up into a thick cylinder, burrito-style. Using butcher's twine, tie the meat to seal.
- Season flour with salt and pepper to taste and place in a large, shallow baking or pie dish. Season breadcrumbs with salt and pepper to taste and place in another large, shallow dish.

- Place egg in a third large, shallow dish. Dredge pork in flour and shake off excess. Next, dredge it in egg, taking care to coat all surfaces. Finally, roll meat in breadcrumbs.
- Heat 2 tablespoons olive oil in a large, stove top–safe roasting pan over medium–high heat. When oil is shimmering, sear tenderloins on all sides, about 7 minutes total.
- Add mushrooms on either side of meat.
- Drizzle meat and mushrooms with remaining 2 tablespoons olive oil and transfer to oven to cook until it reaches an internal temperature of 145°F, about 35 minutes.
- Remove pork from oven, transfer to a platter and tent with foil.
- Place roasting pan on the stove top over medium–high heat.
- Add white wine and scrape pan with a wooden spoon to loosen browned bits.
- Add remaining 1 1/2 tablespoons mustard, along with heavy cream and Worcestershire sauce. Season with salt and pepper, if needed. Bring to a boil, reduce heat to medium and reduce slightly until sauce just coats the back of a spoon but a swiped finger leaves a clean line.
- Discard string from pork tenderloin, slice, and serve immediately with mushroom–mustard sauce.

Nutrition Facts

■ PROTEIN **36.12%**
■ FAT **62.86%**
■ CARBS **1.02%**

Properties

Glycemic Index:37.25, Glycemic Load:17.75, Inflammation Score:-10, Nutrition Score:78.243043401967%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 20344.01kcal (1017.2%), Fat: 1387.35g (2134.39%), Saturated Fat: 495.84g (3098.97%), Carbohydrates: 50.62g (16.87%), Net Carbohydrates: 47.56g (17.29%), Sugar: 5.46g (6.07%), Cholesterol: 5267.89mg (1755.96%), Sodium: 95646.67mg (4158.55%), Alcohol: 1.54g (100%), Alcohol %: 0.02% (100%), Protein: 1793.39g (3586.79%), Vitamin B1: 51.22mg (3414.74%), Selenium: 1946.8µg (2781.14%), Vitamin B3: 379.86mg (1899.28%), Phosphorus:

18027.53mg (1802.75%), Vitamin B6: 32.56mg (1627.96%), Zinc: 192.44mg (1282.91%), Vitamin B2: 19.32mg (1136.67%), Vitamin B12: 52.94µg (882.37%), Potassium: 24389.79mg (696.85%), Iron: 76.22mg (423.46%), Magnesium: 1640.28mg (410.07%), Vitamin B5: 40.45mg (404.54%), Vitamin D: 57.48µg (383.18%), Copper: 7.33mg (366.43%), Vitamin E: 32.43mg (216.23%), Manganese: 1.87mg (93.42%), Folate: 363.18µg (90.79%), Calcium: 714.65mg (71.46%), Vitamin A: 940.71IU (18.81%), Fiber: 3.06g (12.26%), Vitamin K: 12.45µg (11.85%)