



WHATSheATE



HEALTH SCORE

65%

Pork Tenderloin Crostini



Very Healthy

READY IN



170 min.

SERVINGS



1

CALORIES



2868 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 tablespoons butter melted
- ☐ 1 serving cranberry-pepper jelly
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons pepper freshly ground
- ☐ 1.5 lb pork tenderloins
- ☐ 1 teaspoon salt
- ☐ 24 tea biscuits frozen
- ☐ 1 bunch watercress fresh

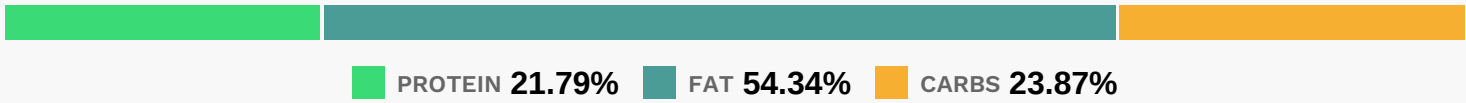
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Bake tea biscuits according to package directions. Cool on a wire rack 20 minutes.
- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Remove silver skin from each tenderloin.
- ☐ Sprinkle salt and pepper over pork; rub with olive oil. Grill pork, covered with grill lid, 10 to 12 minutes on each side or until a meat thermometer inserted into thickest portion registers 14
- ☐ Remove from grill; cover with foil, and let stand 15 minutes.
- ☐ Meanwhile, cut biscuits in half, and brush cut sides with melted butter. Arrange, cut sides up, on a baking sheet.
- ☐ Bake at 350 for 8 to 10 minutes or until edges are golden.
- ☐ Cut pork into 1/4-inch-thick slices (about 24 slices each).
- ☐ Place pork on biscuits; top with desired amount of Cranberry-Pepper Jelly and watercress sprigs.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:233, Glycemic Load:104.04, Inflammation Score:-10, Nutrition Score:66.682173646015%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 2867.88kcal (143.39%), Fat: 171.84g (264.36%), Saturated Fat: 67.38g (421.15%), Carbohydrates: 169.82g (56.61%), Net Carbohydrates: 165.35g (60.13%), Sugar: 61.66g (68.51%), Cholesterol: 592.75mg (197.58%), Sodium: 3994.59mg (173.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 155.05g (310.1%), Vitamin B1: 7.56mg (504.14%), Selenium: 222.56µg (317.95%), Vitamin B6: 5.43mg (271.27%), Vitamin B3: 52.98mg (264.89%), Phosphorus: 1853.66mg (185.37%), Vitamin B2: 3.12mg (183.69%), Vitamin K: 117.2µg (111.62%), Zinc: 14.06mg (93.7%), Vitamin E: 13.32mg (88.83%), Potassium: 3053.75mg (87.25%), Manganese: 1.71mg (85.38%), Iron: 14.48mg (80.44%), Vitamin B5: 6.63mg (66.34%), Vitamin B12: 3.66µg (60.95%), Magnesium: 231.65mg (57.91%), Vitamin A: 2788.94IU (55.78%), Folate: 201.63µg (50.41%), Copper: 0.92mg (45.79%), Fiber: 4.48g (17.91%), Vitamin C: 12.51mg (15.16%), Calcium: 142.26mg (14.23%), Vitamin D: 2.04µg (13.61%)