



Pork Tenderloin Diablo

 **Gluten Free**  **Popular**

READY IN



40 min.

SERVINGS



3

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter cold
- 0.3 teaspoon cayenne pepper
- 0.5 cup chicken broth
- 1 tablespoon dijon mustard
- 1 teaspoon chives fresh chopped
- 2 tablespoons heavy cream
- 1 tablespoon extra-hot horseradish prepared
- 1 pound pork tenderloin whole

- 3 servings salt and pepper black freshly ground to taste
- 2 teaspoons vegetable oil

Equipment

- frying pan
- oven
- whisk
- kitchen thermometer

Directions

- Preheat oven to 375 degrees F (190 degrees C). Season pork with salt and pepper.
- Heat oil in an ovenproof skillet over high heat. Cook pork until browned on one side, 3 to 4 minutes. Turn over pork and transfer the skillet to the preheated oven. Cook until pork is browned and still slightly pink in the center, 20 to 25 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
- Transfer pork to a plate.
- Remove any excess oil from the skillet and place it over medium-high heat.
- Pour in chicken broth and bring to a boil, scraping any browned bits off of the bottom of the pan.
- Whisk in cream, horseradish, Dijon mustard, and cayenne pepper. Continue cooking until the mixture is reduced to a thick sauce, 3 to 4 minutes.
- Remove from heat and whisk in cold butter. Stir in chives.
- Slice pork into 1/2-inch slices and serve topped with sauce.

Nutrition Facts

 **PROTEIN 46.08%**  **FAT 51.83%**  **CARBS 2.09%**

Properties

Glycemic Index:75.33, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:20.785217409549%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 284.1kcal (14.2%), Fat: 16.05g (24.7%), Saturated Fat: 6.97g (43.57%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1g (0.36%), Sugar: 0.96g (1.06%), Cholesterol: 120.39mg (40.13%), Sodium: 332.72mg (14.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.11g (64.22%), Vitamin B1: 1.51mg (100.4%), Selenium: 48.18µg (68.83%), Vitamin B6: 1.17mg (58.61%), Vitamin B3: 10.15mg (50.77%), Phosphorus: 383.69mg (38.37%), Vitamin B2: 0.56mg (32.92%), Zinc: 2.96mg (19.76%), Potassium: 637.35mg (18.21%), Vitamin B12: 0.82µg (13.63%), Vitamin B5: 1.32mg (13.22%), Magnesium: 46.32mg (11.58%), Iron: 1.63mg (9.08%), Copper: 0.15mg (7.53%), Vitamin A: 355.48IU (7.11%), Vitamin K: 7.31µg (6.96%), Vitamin E: 0.86mg (5.76%), Manganese: 0.08mg (4.19%), Vitamin D: 0.61µg (4.09%), Calcium: 25.3mg (2.53%), Vitamin C: 1.65mg (2%), Fiber: 0.46g (1.84%), Folate: 4.28µg (1.07%)