



Pork Tenderloin in Mustard Marinade with Cherry Compote

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



461 kcal

SEASONING

MARINADE

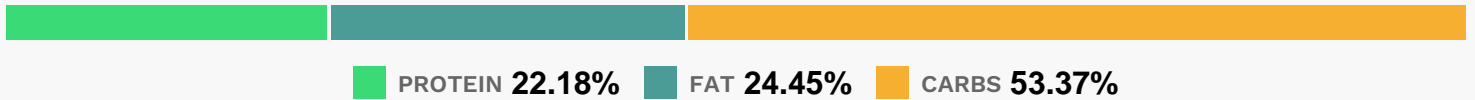
Ingredients

- 1 cup beef broth
- 1 teaspoon pepper black
- 3 tablespoons butter chilled cut into pieces
- 0.5 cup cooking oil
- 18 ounce smucker's cherry preserves
- 0.3 cup dijon mustard
- 1 teaspoon rosemary dried crushed

- 1 teaspoon thyme dried
- 6 sprigs rosemary leaves fresh for garnish
- 1 clove garlic minced
- 1.5 pound pork tenderloins trimmed
- 0.5 small onion red
- 0.5 teaspoon salt
- 0.3 cup mushroom caps roughly chopped

Equipment

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:32.16, Inflammation Score:-5, Nutrition Score:18.866086956522%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 461.46kcal (23.07%), Fat: 12.46g (19.17%), Saturated Fat: 4.76g (29.75%), Carbohydrates: 61.18g (20.39%), Net Carbohydrates: 59.23g (21.54%), Sugar: 42.02g (46.69%), Cholesterol: 88.76mg (29.59%), Sodium: 590.53mg (25.68%), Protein: 25.43g (50.85%), Vitamin B1: 1.17mg (78.27%), Selenium: 41.18µg (58.83%), Vitamin B6: 0.96mg (47.84%), Vitamin B3: 8.38mg (41.88%), Phosphorus: 329.25mg (32.92%), Vitamin B2: 0.5mg (29.12%), Potassium: 607.46mg (17.36%), Zinc: 2.4mg (16.01%), Vitamin B5: 1.18mg (11.84%), Iron: 2.08mg (11.56%), Copper: 0.22mg (10.98%), Magnesium: 43.93mg (10.98%), Vitamin B12: 0.62µg (10.3%), Vitamin C: 8.48mg (10.27%), Manganese: 0.2mg (9.88%), Vitamin E: 1.22mg (8.14%), Fiber: 1.95g (7.8%), Vitamin K: 6.76µg (6.43%), Calcium: 41.77mg (4.18%), Vitamin A: 194.13IU (3.88%), Folate: 14.75µg (3.69%), Vitamin D: 0.26µg (1.76%)