



Pork Tenderloin in Phyllo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons thyme leaves fresh chopped
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.5 cup mango chutney hot
- ☐ 8 sheets phyllo dough frozen thawed ()
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon mustard stone-ground

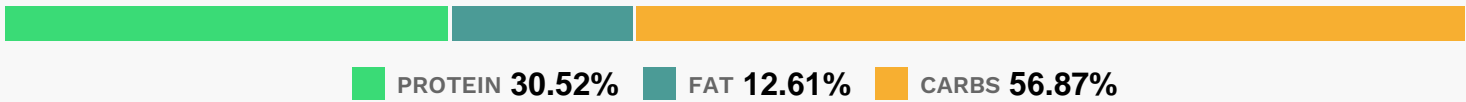
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ microwave
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Preheat oven to 400
- ☐ Sprinkle pork with salt and pepper; place on a jelly roll pan coated with cooking spray.
- ☐ Bake at 400 for 15 minutes, turning once.
- ☐ Remove from oven; let stand 5 minutes or until slightly cool. Coat pork with mustard; sprinkle evenly with thyme, pressing thyme into mustard to adhere.
- ☐ Place 1 phyllo sheet on a large cutting board or work surface (cover the remaining dough to prevent drying); lightly coat with cooking spray. Repeat layers with remaining phyllo and cooking spray, ending with phyllo. Gently press phyllo layers together. Lightly coat top phyllo sheet with cooking spray.
- ☐ Arrange pork along 1 short edge of phyllo, leaving a 2-inch border. Starting at short edge with 2-inch border, roll up jelly-roll fashion. (Do not roll tightly).
- ☐ Place roll, seam side down, on jelly roll pan coated with cooking spray.
- ☐ Bake at 400 for 20 minutes or until the roll is golden brown and a thermometer registers 15
- ☐ Let stand 10 minutes.
- ☐ Place chutney in a microwave-safe bowl; microwave at HIGH 30 seconds or until warm, stirring once.
- ☐ Cut the pork crosswise into 8 even slices using a serrated knife; serve with chutney.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:23.32, Inflammation Score:-9, Nutrition Score:19.799999916035%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg

Nutrients (% of daily need)

Calories: 360.63kcal (18.03%), Fat: 4.95g (7.61%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 50.19g (16.73%), Net Carbohydrates: 48.44g (17.61%), Sugar: 20.73g (23.04%), Cholesterol: 73.71mg (24.57%), Sodium: 589.44mg (25.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.93g (53.86%), Vitamin B1: 1.35mg (90.17%), Selenium: 45.91µg (65.59%), Vitamin B3: 9.21mg (46.06%), Vitamin B6: 0.91mg (45.65%), Vitamin B2: 0.56mg (33.22%), Phosphorus: 323.7mg (32.37%), Iron: 3.07mg (17.06%), Zinc: 2.43mg (16.19%), Potassium: 536.64mg (15.33%), Manganese: 0.29mg (14.62%), Vitamin B5: 1.11mg (11.06%), Magnesium: 44.24mg (11.06%), Copper: 0.2mg (10.11%), Folate: 39.58µg (9.89%), Vitamin C: 7.96mg (9.65%), Vitamin B12: 0.58µg (9.64%), Fiber: 1.75g (7%), Calcium: 32.08mg (3.21%), Vitamin A: 128.06IU (2.56%), Vitamin E: 0.35mg (2.3%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.21µg (1.15%)