



## Pork Tenderloin Sandwiches with Honey Mustard

READY IN



65 min.

SERVINGS



6

CALORIES



1030 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 sourdough demi-baguettes halved lengthwise
- ☐ 0.3 teaspoon pepper black freshly ground for seasoning
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup dijon mustard
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons grapeseed oil
- ☐ 0.5 cup honey

- ☐ 0.5 teaspoons kosher salt for seasoning
- ☐ 1 teaspoon kosher salt
- ☐ 2 pound pork tenderloins
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 large shallots chopped
- ☐ 2 tablespoons butter unsalted cut into 1/2-inch pieces, at room temperature
- ☐ 0.5 cup white wine such as pinot grigio

## Equipment

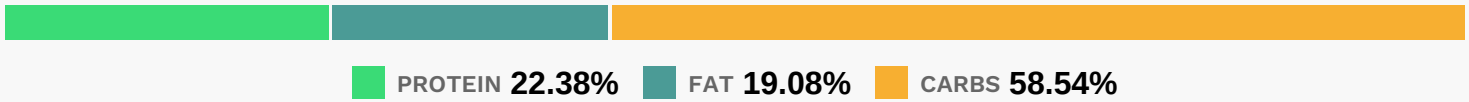
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ chopsticks

## Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Spray a heavy baking sheet with vegetable oil cooking spray. Set aside.
- ☐ Sprinkle the pork with the salt and pepper.
- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the pork and brown on all sides, about 8 minutes.
- ☐ Transfer the pork to the prepared baking sheet and bake until a meat thermometer inserted into the thickest part of the meat registers 160 degrees F, about 30 minutes. Allow the meat to rest for 10 minutes before slicing. Slice the pork into 1/4-to-1/2-inch-thick slices.
- ☐ Heat the oil over medium-high heat in the same skillet used for browning the pork.
- ☐ Add the shallots, salt and pepper. Cook until the shallots are soft, about 3 minutes.

- ☐ Add the garlic and cook until aromatic, 30 seconds.
- ☐ Add the wine and scrape up the brown bits that cling to the bottom of the pan with a wooden spoon. Cook for 1 minute.
- ☐ Whisk in the honey, mustard, vinegar and thyme. Simmer until thick, 2 minutes. Stir in the butter until melted and smooth. Season with salt and pepper.
- ☐ To assemble the sandwiches: Slather the honey mustard on the cut sides of the baguettes. Arrange the pork slices in a single layer on the bottom halves of the baguettes. Spoon a little more honey mustard on top of the pork.
- ☐ Place the remaining baguette halves on top and serve.
- ☐ Serve any extra honey mustard alongside.

## Nutrition Facts



## Properties

Glycemic Index:63.17, Glycemic Load:95.3, Inflammation Score:-9, Nutrition Score:41.983042976131%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 1029.92kcal (51.5%), Fat: 21.36g (32.87%), Saturated Fat: 6.06g (37.86%), Carbohydrates: 147.5g (49.17%), Net Carbohydrates: 140.73g (51.18%), Sugar: 35.89g (39.88%), Cholesterol: 108.31mg (36.1%), Sodium: 2436.73mg (105.94%), Alcohol: 2.1g (100%), Alcohol %: 0.54% (100%), Protein: 56.38g (112.76%), Vitamin B1: 2.99mg (199.21%), Selenium: 96.48µg (137.82%), Vitamin B3: 21.55mg (107.75%), Vitamin B2: 1.35mg (79.27%), Vitamin B6: 1.49mg (74.53%), Manganese: 1.42mg (70.84%), Folate: 273.13µg (68.28%), Phosphorus: 639.16mg (63.92%), Iron: 10.94mg (60.77%), Zinc: 5.08mg (33.88%), Magnesium: 121.36mg (30.34%), Calcium: 300.49mg (30.05%), Potassium: 999.7mg (28.56%), Fiber: 6.77g (27.06%), Copper: 0.49mg (24.41%), Vitamin B5: 2.34mg (23.41%), Vitamin E: 2.59mg (17.28%), Vitamin B12: 0.79µg (13.24%), Vitamin K: 8.91µg (8.49%), Vitamin C: 3.25mg (3.94%), Vitamin A: 192.55IU (3.85%), Vitamin D: 0.52µg (3.49%)