



Pork Tenderloin with Apricot Mustard



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



823 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 1 pound apricots fresh pitted quartered
- ☐ 0.5 teaspoon pepper black
- ☐ 1 garlic clove
- ☐ 0.5 cup grainy mustard
- ☐ 2 small pork tenderloins ()
- ☐ 0.8 teaspoon salt

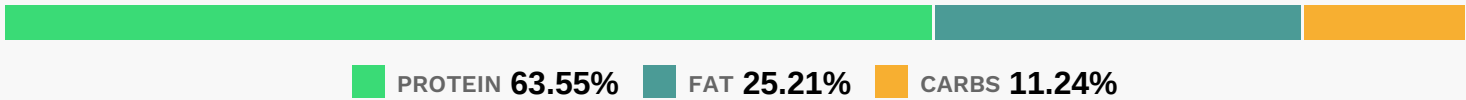
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Preheat broiler and line rack of a broiler pan with foil.
- ☐ Whisk together mustard and jam in a small bowl.
- ☐ Whisk together 1/3 cup mustard mixture with garlic in a large bowl.
- ☐ Pat pork dry, then sprinkle all over with teaspoon salt and 1/4 teaspoon pepper. Coat pork with 2 tablespoons mustard-garlic mixture, then arrange without crowding on broiler pan.
- ☐ Toss apricots and remaining 1/4 teaspoon each salt and pepper with remaining mustard-garlic mixture. Arrange apricots in 1 layer around pork (including space between tenderloins) and broil 5 to 6 inches from heat, turning pork over once, until thermometer inserted diagonally into center of each tenderloin registers 145°F and apricots are softened, about 15 minutes.
- ☐ Transfer pork to a cutting board (leave apricots on pan) and let stand 5 minutes.
- ☐ Cut pork crosswise into 1/2-inch-thick slices and transfer to a platter. Spoon apricots over pork and serve remaining mustard-jam mixture on the side (sweeten with additional jam if desired).

Nutrition Facts



Properties

Glycemic Index:22.61, Glycemic Load:3, Inflammation Score:-9, Nutrition Score:46.742609086244%

Flavonoids

Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 823.42kcal (41.17%), Fat: 22.39g (34.44%), Saturated Fat: 7.22g (45.12%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 19.94g (7.25%), Sugar: 15.84g (17.6%), Cholesterol: 393.03mg (131.01%), Sodium: 842.12mg (36.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 126.99g (253.98%), Vitamin B1: 6mg (400.06%), Selenium: 190.82µg (272.6%), Vitamin B6: 4.69mg (234.57%), Vitamin B3: 40.55mg (202.75%), Phosphorus: 1510.76mg (151.08%), Vitamin B2: 2.09mg (122.76%), Zinc: 11.61mg (77.41%), Potassium: 2622.73mg (74.94%), Vitamin B5: 5.31mg (53.14%), Vitamin B12: 3.14µg (52.4%), Magnesium: 181.99mg (45.5%), Iron: 6.61mg (36.74%), Copper: 0.64mg (31.81%), Vitamin A: 1524.23IU (30.48%), Vitamin E: 2.1mg (14.02%), Manganese: 0.27mg (13.38%), Vitamin D: 1.81µg (12.09%), Vitamin C: 9.53mg (11.56%), Fiber: 2.52g (10.06%), Calcium: 64.95mg (6.49%), Vitamin K: 3.09µg (2.94%), Folate: 8.5µg (2.12%)