



Pork Tenderloin with Creamy Dijon Sauce

 Gluten Free

READY IN



445 min.

SERVINGS



8

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 2 tablespoons dijon mustard
- 8 ounce mushrooms fresh sliced
- 0.3 teaspoon garlic powder to taste
- 1 tablespoon olive oil extra-virgin as needed
- 1 onion chopped
- 2.5 pounds pork tenderloins whole
- 8 servings salt and pepper black to taste

0.3 cup cup heavy whipping cream sour

0.3 cup white wine

Equipment

bowl

frying pan

slow cooker

Directions

Heat the olive oil in a large skillet over medium heat. Season pork tenderloins with salt, pepper, and garlic powder. Cook pork in the oil, turning until browned on all sides, 5 to 6 minutes.

Remove from pan, and set aside. In the same skillet, cook onion and mushrooms until they brown lightly and begin to soften; 3-5 minutes.

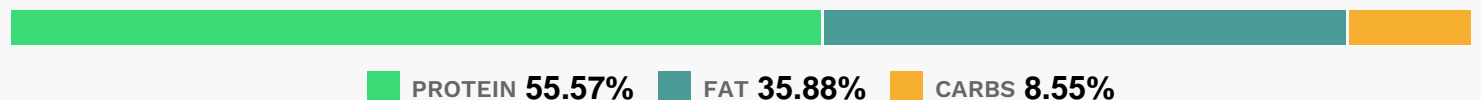
Pour wine into slow cooker; stir in the onion and mushrooms.

Place browned pork on top of the vegetables.

Combine mushroom soup, Dijon mustard, and sour cream in a bowl.

Spread mixture over pork. Cover slow cooker; cook on Low until pork is tender and liquids have formed a sauce; 7 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:21.449130244877%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 243.52kcal (12.18%), Fat: 9.3g (14.31%), Saturated Fat: 3.13g (19.55%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.22g (1.53%), Sugar: 1.52g (1.69%), Cholesterol: 98.28mg (32.76%), Sodium: 583.5mg (25.37%), Alcohol: 0.77g (100%), Alcohol %: 0.4% (100%), Protein: 32.41g (64.81%), Vitamin B1: 1.44mg (95.88%), Selenium: 47.23µg (67.47%), Vitamin B6: 1.16mg (57.82%), Vitamin B3: 10.79mg (53.94%), Phosphorus: 395.11mg (39.51%), Vitamin B2: 0.63mg (37.3%), Zinc: 3.3mg (22%), Potassium: 736.4mg (21.04%), Vitamin B5: 1.74mg (17.4%), Copper: 0.3mg (15.14%), Vitamin B12: 0.82µg (13.74%), Magnesium: 48.21mg (12.05%), Iron: 1.91mg (10.63%), Manganese: 0.19mg (9.59%), Vitamin E: 0.61mg (4.07%), Vitamin D: 0.48µg (3.21%), Fiber: 0.76g (3.05%), Folate: 10.91µg (2.73%), Calcium: 24.55mg (2.46%), Vitamin C: 1.69mg (2.05%), Vitamin K: 1.3µg (1.24%), Vitamin A: 50.55IU (1.01%)