



Pork Tenderloin with Dijon Brown Sauce



Gluten Free



Dairy Free

READY IN



205 min.

SERVINGS



8

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 3 tablespoons grapeseed oil
- ☐ 16 ounces brown sauce prepared
- ☐ 4 pound pork loin
- ☐ 0.5 cup irvine spices roasted garlic pepper seasoning
- ☐ 1 teaspoon rosemary leaves very finely chopped
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 0.3 cup white wine

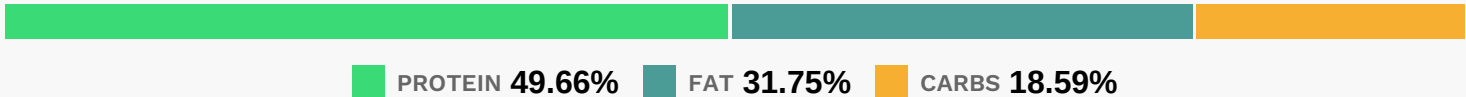
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ stove
- ☐ oven mitt

Directions

- ☐ Early in the day, rinse pork loin to remove any unwanted smells and pat dry with paper toweling. In a large saute pan, heat the oil and sear the pork loin on all sides.
- ☐ Remove pork to a utility platter and coat liberally with mustard, then roll in Roasted Garlic Pepper Seasoning. Leave refrigerated for 2 hours.
- ☐ Preheat oven to 350 degrees F.
- ☐ Transfer pork to a covered roasting pan or a large saute pan with an oven safe handle, and roast covered in oven until fork tender, at least 45 minutes. (Remember to use oven mitts when removing the pan from oven.)
- ☐ Transfer pork to a utility platter and let rest in a warm place before slicing.
- ☐ Add white wine to the roasting pan and swirl to combine flavors with the juices in the pan.
- ☐ Place roasting pan over medium heat (or transfer to a small saucepan) on the stovetop and let reduce slightly.
- ☐ Add the prepared brown sauce to the roasting pan juices and wine. Cook the gravy for a few minutes to integrate flavors and to thicken. Season with salt and pepper and strain the sauce.
- ☐ Lay slices of pork loin on serving dish and spoon brown sauce over.
- ☐ Garnish with chopped rosemary.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:24.489565043346%

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 Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 438.81kcal (21.94%), Fat: 14.83g (22.81%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 19g (6.91%), Sugar: 13.37g (14.85%), Cholesterol: 142.88mg (47.63%), Sodium: 878.96mg (38.22%), Alcohol: 0.77g (100%), Alcohol %: 0.31% (100%), Protein: 52.18g (104.36%), Selenium: 66.69µg (95.27%), Vitamin B6: 1.83mg (91.37%), Vitamin B1: 1.04mg (69.13%), Vitamin B3: 13.14mg (65.71%), Phosphorus: 533.22mg (53.32%), Zinc: 4.24mg (28.28%), Vitamin B2: 0.44mg (25.88%), Potassium: 900.75mg (25.74%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.77mg (17.68%), Magnesium: 65.78mg (16.44%), Vitamin E: 1.84mg (12.28%), Manganese: 0.21mg (10.61%), Iron: 1.53mg (8.48%), Copper: 0.16mg (8.22%), Vitamin D: 0.91µg (6.05%), Calcium: 32.9mg (3.29%), Vitamin C: 2.69mg (3.26%), Fiber: 0.54g (2.17%)