



Pork Tenderloin with Dijon Cranberry Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 0.5 cup dijon mustard
- 2 teaspoons dijon mustard
- 2 teaspoons tarragon fresh chopped
- 3 tablespoons tarragon fresh chopped
- 2 pound pork tenderloins trimmed
- 1 tablespoon olive oil

- 0.3 teaspoon salt
- 1.5 cups whole-berry cranberry sauce

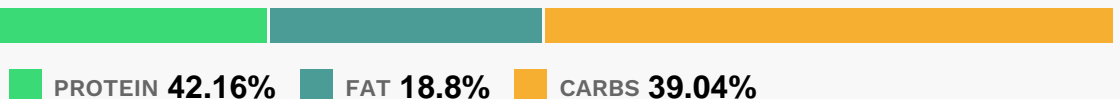
Equipment

- frying pan
- sauce pan
- oven
- kitchen thermometer
- ziploc bags

Directions

- To prepare pork, combine first 3 ingredients in a large zip-top plastic bag.
- Add pork; seal and marinate in refrigerator 8 hours, turning bag occasionally.
- Preheat oven to 40
- Remove pork from bag, discarding marinade.
- Heat oil in a large ovenproof skillet over medium-high heat.
- Add pork; cook 4 minutes, browning on all sides.
- Place pan in oven; cook at 400 for 15 minutes or until thermometer registers 15
- Remove from heat; let stand 5 minutes.
- Cut pork into 1/4-inch slices; keep warm.
- To prepare sauce, combine cranberry sauce and remaining ingredients in a small saucepan; cook over medium heat 5 minutes or until thoroughly heated, stirring occasionally.
- Serve sauce with pork.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.01, Inflammation Score:-4, Nutrition Score:18.319565192513%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 242.42kcal (12.12%), Fat: 5.09g (7.83%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 22.2g (8.07%), Sugar: 16.93g (18.82%), Cholesterol: 73.71mg (24.57%), Sodium: 322.34mg (14.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.67g (51.34%), Vitamin B1: 1.18mg (78.63%), Selenium: 41µg (58.57%), Vitamin B6: 0.98mg (48.79%), Vitamin B3: 8.01mg (40.04%), Phosphorus: 310.38mg (31.04%), Vitamin B2: 0.45mg (26.59%), Manganese: 0.39mg (19.39%), Potassium: 588.86mg (16.82%), Zinc: 2.39mg (15.94%), Iron: 2.63mg (14.6%), Magnesium: 50.85mg (12.71%), Vitamin B5: 1.01mg (10.12%), Vitamin B12: 0.58µg (9.64%), Copper: 0.15mg (7.57%), Vitamin E: 1.05mg (7%), Fiber: 1.57g (6.28%), Calcium: 54.19mg (5.42%), Vitamin A: 166.09IU (3.32%), Vitamin C: 2.15mg (2.61%), Folate: 10.29µg (2.57%), Vitamin K: 2.3µg (2.19%), Vitamin D: 0.23µg (1.51%)