



Pork Tenderloin with Herbed Biscuits

READY IN



67 min.

SERVINGS



10

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.3 cups buttermilk fat-free
- ☐ 2.5 cups flour all-purpose
- ☐ 1.5 tablespoons sage fresh finely chopped
- ☐ 1.5 tablespoons thyme leaves fresh finely chopped
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 24 ounce pork tenderloins trimmed

- ☐ 1 tablespoon maple syrup
- ☐ 1 tablespoon olive oil
- ☐ 0.4 teaspoon salt
- ☐ 6 tablespoons butter unsalted chilled cut into small pieces
- ☐ 0.3 cup whole-grain dijon mustard

Equipment

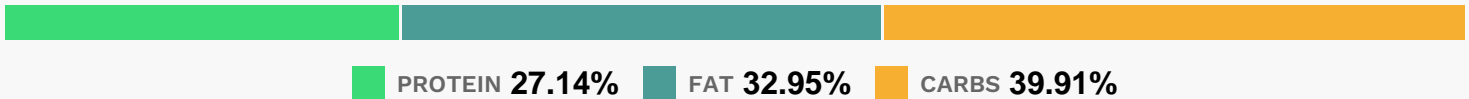
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ kitchen thermometer
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Heat a large ovenproof skillet over medium-high heat. Rub pork evenly with oil; sprinkle evenly with pepper and kosher salt.
- ☐ Add pork to pan; cook 6 minutes, turning to brown on all sides.
- ☐ Place pan in oven.
- ☐ Bake at 400 for 17 minutes or until a thermometer inserted into thickest portion of pork registers 14
- ☐ Remove pork from pan; let stand 10 minutes.
- ☐ Increase oven temperature to 45
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.

- ☐ Combine flour and next 3 ingredients (through baking soda) in a large bowl, stirring with a whisk.
- ☐ Cut in butter with a pastry blender until mixture resembles coarse meal. Toss in thyme and sage.
- ☐ Add buttermilk; toss with a fork until a soft, sticky dough forms. With floured hands, gently pat dough out onto a lightly floured surface to a 3/4-inch thickness.
- ☐ Cut with a 2-inch biscuit cutter into 20 rounds, gently reshaping scraps as necessary. Arrange dough rounds on a baking sheet lined with parchment paper.
- ☐ Bake at 450 for 17 minutes or until lightly browned.
- ☐ Combine mustard and syrup, stirring well.
- ☐ Cut each pork tenderloin into 20 thin slices. Split each biscuit in half; spoon about 3/4 teaspoon mustard mixture onto cut side of each biscuit top. Arrange 2 pork slices on bottom half of each biscuit; top with top halves.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:18.14, Inflammation Score:-8, Nutrition Score:19.283043441565%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg

Nutrients (% of daily need)

Calories: 284.46kcal (14.22%), Fat: 10.28g (15.81%), Saturated Fat: 5.08g (31.75%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 26.63g (9.68%), Sugar: 2.86g (3.17%), Cholesterol: 62.88mg (20.96%), Sodium: 491.72mg (21.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.04g (38.09%), Copper: 2.85mg (142.46%), Vitamin B1: 0.94mg (62.75%), Selenium: 33.76µg (48.23%), Vitamin B3: 6.45mg (32.27%), Vitamin B6: 0.55mg (27.56%), Vitamin B2: 0.43mg (25.05%), Phosphorus: 238.6mg (23.86%), Manganese: 0.43mg (21.47%), Iron: 2.66mg (14.8%), Folate: 58.38µg (14.6%), Zinc: 1.61mg (10.7%), Calcium: 101.74mg (10.17%), Potassium: 333.95mg (9.54%), Magnesium: 32.7mg (8.18%), Vitamin B5: 0.75mg (7.47%), Vitamin B12: 0.36µg (6.02%), Fiber: 1.38g (5.5%), Vitamin A: 265.32IU (5.31%), Vitamin E: 0.59mg (3.93%), Vitamin C: 2.06mg (2.5%), Vitamin K: 1.95µg (1.85%), Vitamin D: 0.26µg (1.75%)