



Pork Tenderloin with Mushroom Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounce button mushrooms thinly sliced
- ☐ 0.3 cup crème fraîche sour
- ☐ 2 teaspoons dijon mustard
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 pound pork tenderloin trimmed

- ☐ 1 cup lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil divided
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Place a small roasting pan in oven. Preheat oven to 425
- ☐ Sprinkle pork evenly with 1/2 teaspoon salt and pepper.
- ☐ Add 1 tablespoon olive oil to preheated pan, and swirl to coat.
- ☐ Add pork to pan. Roast at 425 for 20 minutes or until a thermometer inserted in the thickest portion of pork registers 145, turning after 10 minutes.
- ☐ Remove pork from pan, and let stand for 10 minutes.
- ☐ Place roasting pan over medium-high heat.
- ☐ Add the remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add mushrooms; saut 4 minutes, stirring occasionally.
- ☐ Add garlic, and saut 1 minute, stirring constantly. Stir in vinegar, and bring to a boil, scraping pan to loosen browned bits. Cook 1 minute or until liquid almost evaporates, stirring occasionally. Stir in remaining 1/4 teaspoon salt and broth; bring to a boil. Cook until liquid is reduced to 1/3 cup (about 7 minutes).
- ☐ Remove from heat, and stir in crme frache and mustard.
- ☐ Cut pork crosswise into slices.
- ☐ Place 3 ounces pork on each of 4 plates, and top each serving with about 2 1/2 tablespoons sauce.
- ☐ Garnish with parsley.

Nutrition Facts

 **PROTEIN 45.94%**  **FAT 47.72%**  **CARBS 6.34%**

Properties

Glycemic Index:39.5, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:22.140869969907%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 238.18kcal (11.91%), Fat: 12.57g (19.34%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 2.88g (1.05%), Sugar: 1.7g (1.89%), Cholesterol: 82.19mg (27.4%), Sodium: 643.77mg (27.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.46%), Vitamin B1: 1.19mg (79.51%), Selenium: 41.92µg (59.88%), Vitamin K: 54.11µg (51.54%), Vitamin B6: 0.98mg (48.95%), Vitamin B3: 9.71mg (48.56%), Vitamin B2: 0.65mg (38.08%), Phosphorus: 348.66mg (34.87%), Potassium: 806.53mg (23.04%), Vitamin B5: 1.89mg (18.93%), Zinc: 2.57mg (17.11%), Copper: 0.3mg (15.12%), Vitamin B12: 0.63µg (10.52%), Magnesium: 41.16mg (10.29%), Iron: 1.77mg (9.83%), Vitamin E: 1.35mg (9.02%), Vitamin C: 6.06mg (7.34%), Vitamin A: 345.62IU (6.91%), Manganese: 0.13mg (6.73%), Folate: 15.35µg (3.84%), Fiber: 0.88g (3.54%), Calcium: 33.57mg (3.36%), Vitamin D: 0.34µg (2.27%)