



Pork Tenderloin with Mustard Sauce

 Gluten Free

READY IN



555 min.

SERVINGS



8

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar light
- 0.3 cup mayonnaise
- 1.5 tablespoons ground mustard
- 2 pounds pork tenderloin
- 0.3 cup red wine
- 0.3 cup cup heavy whipping cream sour
- 0.3 cup soya sauce

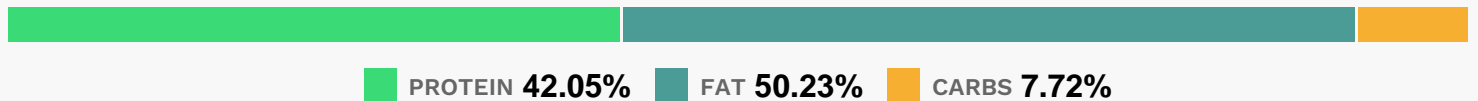
Equipment

- bowl
- oven
- baking pan
- ziploc bags

Directions

- Combine wine, soy sauce, and brown sugar in a large resealable plastic bag.
- Place tenderloin in bag, and refrigerate overnight, or at least 8 hours.
- In a small bowl, combine mayonnaise, sour cream, mustard powder; mix well.
- Mix in minced chives if you wish. Chill until ready to serve.
- Preheat oven to 325 degrees F (165 degrees C).
- Place meat and marinade in a shallow baking dish, and roast for 1 hour, basting occasionally. Temperature of meat should register 145 degrees F (63 degrees C).
- Let rest for a few minutes, then cut into 1/2 inch thick slices.
- Serve with mustard sauce.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:16.527826320866%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg Gallocatechin: 0.01mg,

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Nutrients (% of daily need)

Calories: 250.89kcal (12.54%), Fat: 13.33g (20.51%), Saturated Fat: 3.43g (21.41%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 4.37g (1.59%), Sugar: 3.61g (4.01%), Cholesterol: 83.28mg (27.76%), Sodium: 662.6mg (28.81%), Alcohol: 1.06g (100%), Alcohol %: 0.86% (100%), Protein: 25.11g (50.22%), Vitamin B1: 1.13mg (75.55%), Selenium: 37.79µg (53.99%), Vitamin B6: 0.9mg (45.18%), Vitamin B3: 7.97mg (39.87%), Phosphorus: 310.65mg (31.07%), Vitamin B2: 0.42mg (24.78%), Zinc: 2.3mg (15.35%), Vitamin K: 15.47µg (14.73%), Potassium: 506.37mg (14.47%), Vitamin B5: 1.05mg (10.51%), Magnesium: 41.86mg (10.47%), Vitamin B12: 0.62µg (10.35%), Iron: 1.54mg (8.58%), Copper: 0.13mg (6.42%), Manganese: 0.11mg (5.65%), Vitamin E: 0.66mg (4.39%), Calcium: 25.94mg (2.59%), Vitamin D: 0.36µg (2.39%), Vitamin A: 68.65IU (1.37%), Folate: 5.04µg (1.26%)