



## Pork Tenderloin with Mustard Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black
- 2 teaspoons cornstarch
- 1 cup cooking wine dry white
- 2 cups extra wide egg noodles uncooked
- 1 pound pork tenderloin 1-inch-thick trimmed ()
- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 2 tablespoons water

- 3 tablespoons whole-grain dijon mustard

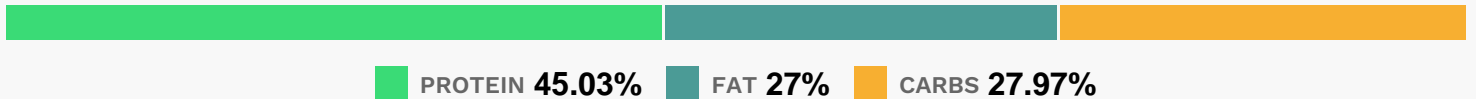
## Equipment

- bowl
- frying pan

## Directions

- Cook noodles according to package directions, omitting salt and fat; drain.
- While the noodles cook, heat oil in a large nonstick skillet over medium-high heat.
- Sprinkle the pork with pepper and salt.
- Place pork in pan; cook 5 minutes, turning once.
- Combine the wine and mustard; pour into pan. Cover, reduce heat, and simmer 10 minutes.
- Remove pork from pan; keep warm.
- Combine water and cornstarch in a small bowl. Stir cornstarch mixture into pan; bring to a boil, and cook 1 minute or until thick.
- Serve pork with sauce and noodles.

## Nutrition Facts



## Properties

Glycemic Index:30.75, Glycemic Load:5.98, Inflammation Score:-4, Nutrition Score:18.686521429892%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 288kcal (14.4%), Fat: 7.19g (11.07%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 15.59g (5.67%), Sugar: 1.09g (1.22%), Cholesterol: 89.67mg (29.89%), Sodium: 336.77mg (14.64%), Alcohol: 6.18g (100%), Alcohol %: 3.62% (100%), Protein: 27g (53.99%), Vitamin B1: 1.19mg (79.24%), Selenium: 53.82µg (76.89%), Vitamin B6: 0.96mg (48.03%), Vitamin B3: 8.11mg (40.55%), Phosphorus: 349.36mg (34.94%), Vitamin B2: 0.42mg (24.81%), Zinc: 2.66mg (17.71%), Manganese: 0.33mg (16.47%), Potassium: 561.71mg (16.05%), Magnesium: 53.57mg (13.39%), Vitamin B5: 1.2mg (11.97%), Vitamin B12: 0.63µg (10.56%), Iron: 1.86mg (10.35%), Copper: 0.17mg (8.72%), Vitamin E: 0.87mg (5.77%), Fiber: 1.18g (4.73%), Vitamin K: 3.02µg (2.88%), Calcium: 26.28mg (2.63%), Vitamin D: 0.28µg (1.89%), Folate: 6.94µg (1.74%)