



Pork Tenderloin with Mustard Sauce

 Gluten Free

READY IN



555 min.

SERVINGS



8

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chives fresh minced
- ☐ 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

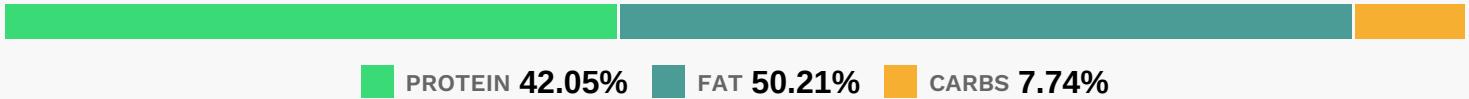
Equipment

- ☐ 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:15.63, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:16.609130365693%

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

0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 251kcal (12.55%), Fat: 13.33g (20.51%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 4.38g (1.59%), Sugar: 3.61g (4.01%), Cholesterol: 83.28mg (27.76%), Sodium: 662.61mg (28.81%), Alcohol: 1.06g (100%), Alcohol %: 0.86% (100%), Protein: 25.12g (50.24%), Vitamin B1: 1.13mg (75.57%), Selenium: 37.8µg (54%), Vitamin B6: 0.9mg (45.21%), Vitamin B3: 7.98mg (39.88%), Phosphorus: 310.87mg (31.09%), Vitamin B2: 0.42mg (24.8%), Vitamin K: 16.27µg (15.49%), Zinc: 2.3mg (15.36%), Potassium: 507.48mg (14.5%), Vitamin B5: 1.05mg (10.53%), Magnesium: 42.02mg (10.5%), Vitamin B12: 0.62µg (10.35%), Iron: 1.55mg (8.61%), Copper: 0.13mg (6.45%), Manganese: 0.11mg (5.72%), Vitamin E: 0.66mg (4.4%), Calcium: 26.29mg (2.63%), Vitamin D: 0.36µg (2.39%), Vitamin A: 84.97IU (1.7%), Folate: 5.43µg (1.36%)