



## Pork Tenderloin with Rosemary and Thyme

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons dijon mustard
- 1 teaspoon rosemary fresh chopped
- 0.5 teaspoon thyme leaves fresh chopped
- 1 tablespoon honey
- 0.3 teaspoon pepper
- 1 pound pork tenderloins

### Equipment

- bowl

- oven
- kitchen thermometer
- broiler pan

## Directions

- Preheat oven to 350
- Trim fat from pork; place on a broiler pan coated with cooking spray.
- Combine mustard and next 4 ingredients (mustard through pepper) in a bowl; brush over pork. Insert meat thermometer into the thickest part of pork.
- Bake at 350 for 50 minutes or until thermometer registers 160 (slightly pink), basting frequently with mustard mixture.
- Garnish with thyme, if desired.

## Nutrition Facts

**PROTEIN 62.17%** **FAT 25.1%** **CARBS 12.73%**

## Properties

Glycemic Index:40.32, Glycemic Load:2.31, Inflammation Score:-4, Nutrition Score:14.869564921312%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

## Nutrients (% of daily need)

Calories: 157.21kcal (7.86%), Fat: 4.27g (6.56%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 4.47g (1.62%), Sugar: 4.42g (4.91%), Cholesterol: 73.71mg (24.57%), Sodium: 141.73mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.56%), Vitamin B1: 1.13mg (75.2%), Selenium: 36.96µg (52.8%), Vitamin B6: 0.88mg (43.76%), Vitamin B3: 7.55mg (37.75%), Phosphorus: 284.35mg (28.43%), Vitamin B2: 0.39mg (22.97%), Zinc: 2.19mg (14.58%), Potassium: 462.99mg (13.23%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.98mg (9.78%), Magnesium: 34.96mg (8.74%), Iron: 1.3mg (7.21%), Copper: 0.11mg (5.57%), Manganese: 0.07mg (3.59%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.28mg (1.85%), Fiber: 0.4g (1.61%), Calcium: 13.49mg (1.35%)