

health-score 53%
HEALTH SCORE

Pork Tenderloin with Tangy Pineapple Pepper Chutney Sauce

☒ Gluten Free ☒ Dairy Free

READY IN

ready

65 min.

SERVINGS

servings

6

CALORIES

calories

282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons orange juice
- ☐ 8 ounce crosse & pineapple pepper chutney blackwell®
- ☐ 2 pound pork tenderloin
- ☐ 6 servings salt and pepper to taste

Equipment

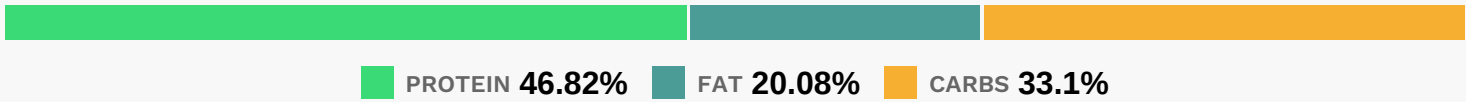
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 350 degrees F. Season pork with salt and pepper; brush with mustard.
- ☐ Place in roasting pan and bake until internal temperature reaches 145 degrees F, about 35 to 45 minutes.
- ☐ Remove from pan and let rest 10 minutes.
- ☐ Stir chutney and orange juice together in small saucepan; heat on low until warmed. Slice tenderloin into medallions and serve with sauce. Top with herbs, if desired.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:4.99, Inflammation Score:-6, Nutrition Score:33.566086893496%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 281.91kcal (14.1%), Fat: 6.75g (10.38%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 15.24g (5.54%), Sugar: 0.79g (0.88%), Cholesterol: 98.28mg (32.76%), Sodium: 335.03mg (14.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.4g (70.8%), Manganese: 4.86mg (243.19%), Vitamin B1: 1.54mg (102.68%), Selenium: 49.37µg (70.53%), Vitamin B6: 1.27mg (63.62%), Vitamin K: 61.96µg (59.01%), Vitamin B3: 10.48mg (52.38%), Phosphorus: 433.5mg (43.35%), Fiber: 9.79g (39.16%), Vitamin B2: 0.58mg (34.27%), Copper: 0.64mg (32.18%), Potassium: 1115.43mg (31.87%), Iron: 5.23mg (29.05%), Magnesium: 108.49mg (27.12%), Zinc: 3.31mg (22.08%), Vitamin B5: 1.82mg (18.2%), Calcium: 180.42mg (18.04%), Vitamin B12: 0.79µg (13.1%), Vitamin E: 0.75mg (4.97%), Vitamin A: 224.67IU (4.49%), Vitamin C: 2.85mg (3.46%), Vitamin D: 0.45µg (3.02%), Folate: 8.48µg (2.12%)