



Roast Pork Tenderloin Supper

READY IN



45 min.

SERVINGS



45

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup grey poupon dijon mustard
- 0.5 cup chicken broth fat-free reduced-sodium
- 1 lb green beans fresh steamed trimmed
- 4 oz philadelphia neufchatel cheese cubed ()
- 1.5 lb pork tenderloins
- 6 oz stove top stuffing mix for chicken
- 2 tsp thyme leaves dried

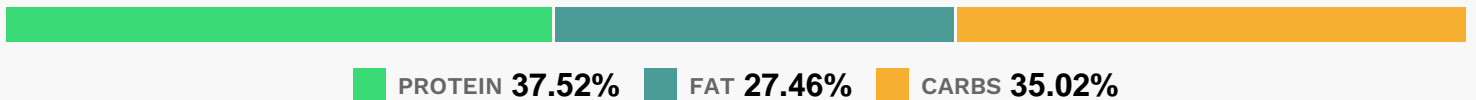
Equipment

- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 400F.
- Heat large nonstick skillet on medium heat.
- Add meat; cook 5 min. or until browned on all sides, turning occasionally.
- Remove meat from skillet, reserving meat drippings in skillet; place meat in 13x9-inch baking dish.
- Mix mustard and thyme; spread onto meat.
- Bake 20 to 25 min. or until meat is done (145F).
- Transfer to carving board; tent with foil.
- Let stand 5 min. Meanwhile, prepare stuffing as directed on package, reducing the spread to 1 Tbsp.
- Add broth to same skillet. Bring to boil on high heat.
- Add Neufchatel; cook on medium-low heat 2 min. or until Neufchatel is completely melted and mixture is blended, stirring constantly.
- Cut meat into thin slices.
- Serve topped with Neufchatel sauce along with stuffing and beans.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:3.3721739364707%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 43.22kcal (2.16%), Fat: 1.31g (2.02%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 3.3g (1.2%), Sugar: 0.75g (0.83%), Cholesterol: 11.73mg (3.91%), Sodium: 95.53mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Vitamin B1: 0.18mg (12.18%), Selenium: 7.06µg (10.08%), Vitamin B6: 0.14mg (6.9%), Vitamin B3: 1.32mg (6.6%), Phosphorus: 51.19mg (5.12%), Vitamin B2: 0.08mg (4.84%), Vitamin K: 4.44µg (4.23%), Potassium: 96.87mg (2.77%), Manganese: 0.05mg (2.66%), Folate: 10.17µg (2.54%), Zinc: 0.37mg (2.48%), Iron: 0.43mg (2.39%), Magnesium: 9.11mg (2.28%), Vitamin A: 93.79IU (1.88%), Vitamin B5: 0.19mg (1.86%), Fiber: 0.46g (1.83%), Copper: 0.03mg (1.59%), Vitamin C: 1.29mg (1.57%), Vitamin B12: 0.09µg (1.53%), Calcium: 12.37mg (1.24%)