



Roast Pork Tenderloin Supper

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

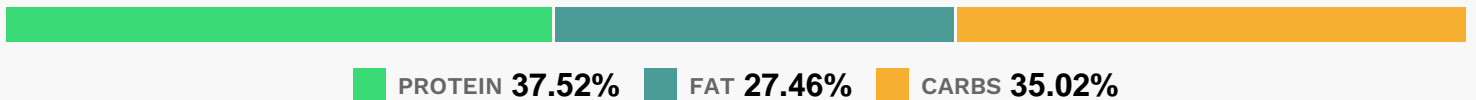
Equipment

- 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:25, Glycemic Load:1.71, Inflammation Score:-8, Nutrition Score:25.289999878925%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol:

0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 324.11kcal (16.21%), Fat: 9.83g (15.12%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 24.76g (9%), Sugar: 5.59g (6.21%), Cholesterol: 87.98mg (29.33%), Sodium: 716.46mg (31.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.21g (60.41%), Vitamin B1: 1.37mg (91.32%), Selenium: 52.93µg (75.62%), Vitamin B6: 1.04mg (51.78%), Vitamin B3: 9.89mg (49.47%), Phosphorus: 383.91mg (38.39%), Vitamin B2: 0.62mg (36.28%), Vitamin K: 33.3µg (31.71%), Potassium: 726.5mg (20.76%), Manganese: 0.4mg (19.98%), Folate: 76.26µg (19.06%), Zinc: 2.8mg (18.64%), Iron: 3.22mg (17.9%), Magnesium: 68.34mg (17.09%), Vitamin A: 703.45IU (14.07%), Vitamin B5: 1.4mg (13.96%), Fiber: 3.43g (13.73%), Copper: 0.24mg (11.92%), Vitamin C: 9.69mg (11.75%), Vitamin B12: 0.69µg (11.5%), Calcium: 92.76mg (9.28%), Vitamin E: 0.78mg (5.19%), Vitamin D: 0.34µg (2.27%)