



Roasted Pork Tenderloin with Sage Cornbread Crust

READY IN



40 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup corn muffin crumbled
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon sage fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 1 pound pork tenderloin
- ☐ 2 teaspoons salt

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon butter unsalted

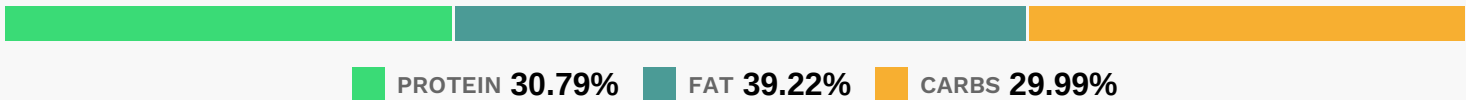
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Pat pork dry and sprinkle with salt and pepper.
- ☐ Heat oil in a 10-inch nonstick skillet over high heat until hot but not smoking, then brown pork, turning, about 4 minutes.
- ☐ Transfer to an oiled shallow baking pan.
- ☐ Add butter to skillet and cook garlic over moderate heat, stirring, until fragrant, about 30 seconds.
- ☐ Remove pan from heat and stir in crumbs, sage, and salt and pepper, to taste.
- ☐ Spread mustard over pork and pat half of seasoned crumbs onto mustard, then sprinkle with remaining seasoned crumbs. Roast in middle of oven until an instant-read thermometer inserted diagonally 2-inches into meat registers 140 degrees F, 10 to 15 minutes. (Check after 15 minutes to see if crumbs are getting too dark; if they are, tent loosely with foil.)
- ☐ Transfer to a cutting board, then tent loosely with foil and let stand 10 minutes before slicing (temperature will rise to 160 degrees).
- ☐ Garnish with sage leaves.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:22.628261001214%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 347.87kcal (17.39%), Fat: 14.94g (22.98%), Saturated Fat: 4.75g (29.68%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 22.93g (8.34%), Sugar: 7.3g (8.11%), Cholesterol: 81.94mg (27.31%), Sodium: 1593mg (69.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.39g (52.77%), Vitamin B1: 1.28mg (85.55%), Copper: 1.66mg (83.13%), Selenium: 39.15µg (55.93%), Vitamin B6: 0.94mg (46.88%), Phosphorus: 459.9mg (45.99%), Vitamin B3: 8.73mg (43.66%), Vitamin B2: 0.49mg (28.65%), Zinc: 2.41mg (16.04%), Potassium: 510.65mg (14.59%), Manganese: 0.28mg (14.04%), Iron: 2.25mg (12.48%), Vitamin B5: 1.16mg (11.59%), Magnesium: 44.6mg (11.15%), Fiber: 2.77g (11.08%), Vitamin B12: 0.63µg (10.46%), Folate: 33.52µg (8.38%), Vitamin E: 0.92mg (6.15%), Vitamin K: 4.83µg (4.6%), Calcium: 40.76mg (4.08%), Vitamin A: 137.65IU (2.75%), Vitamin D: 0.39µg (2.62%)