



Spiced Pork Tenderloin Crostini

READY IN



70 min.

SERVINGS



36

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.5 teaspoon garlic
- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.3 teaspoon ground sage
- ☐ 1 pound pork tenderloin
- ☐ 36 slices bread french baguette-style (from 10-ounce loaf)
- ☐ 0.3 cup dijon mustard
- ☐ 0.8 cup mint-cilantro chutney spread shopping list (from 8.5-ounce jar)
- ☐ 0.3 cup cheese blue crumbled

☐ 1 serving marjoram fresh

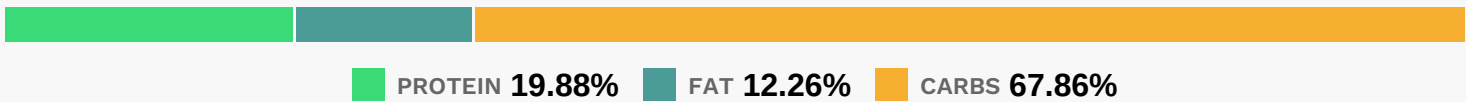
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425°F.
- ☐ Mix seasoned salt, garlic pepper, marjoram and sage in small bowl. Rub mixture over pork.
- ☐ Place pork in shallow roasting pan. Insert meat thermometer so tip is in thickest part of pork.
- ☐ Bake uncovered 20 to 25 minutes or until thermometer reads 155°F. Cover pork with aluminum foil and let stand 10 to 15 minutes until thermometer reads 160°F.
- ☐ Meanwhile, reduce oven temperature to 375°F.
- ☐ Place bread slices in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- ☐ Bake about 5 minutes or until crisp; cool.
- ☐ Cut hot pork into very thin slices (or cool pork if desired).
- ☐ Spread each bread slice with about 1/4 teaspoon mustard. Top each with a thin slice of pork, 1 teaspoon chutney, about 1/2 teaspoon cheese and marjoram leaves.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:25.62, Inflammation Score:-4, Nutrition Score:9.720000055821%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg

Nutrients (% of daily need)

Calories: 199.09kcal (9.95%), Fat: 2.7g (4.16%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 32.16g (11.69%), Sugar: 2.99g (3.32%), Cholesterol: 9.13mg (3.04%), Sodium: 532.93mg (23.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Vitamin B1: 0.58mg (38.79%), Selenium: 22.9µg (32.71%), Folate: 79.34µg (19.84%), Vitamin B3: 3.94mg (19.7%), Vitamin B2: 0.32mg (18.93%), Manganese: 0.35mg (17.27%), Iron: 2.66mg (14.78%), Phosphorus: 104.61mg (10.46%), Vitamin B6: 0.17mg (8.44%), Zinc: 0.95mg (6.31%), Magnesium: 25.03mg (6.26%), Fiber: 1.49g (5.94%), Copper: 0.11mg (5.52%), Calcium: 41.9mg (4.19%), Potassium: 130.55mg (3.73%), Vitamin B5: 0.35mg (3.46%), Vitamin A: 129.34IU (2.59%), Vitamin B12: 0.08µg (1.35%), Vitamin E: 0.17mg (1.14%)