



Wine and Dijon Marinated Pork Loin

 Gluten Free

READY IN



115 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1.5 cubes chicken bouillon crushed
- ☐ 3 tablespoons dijon mustard
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 3 cloves garlic minced
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup yogurt plain
- ☐ 3 pounds pork tenderloin
- ☐ 1 onion red minced
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 2 teaspoons salt
- ☐ 0.3 cup white wine

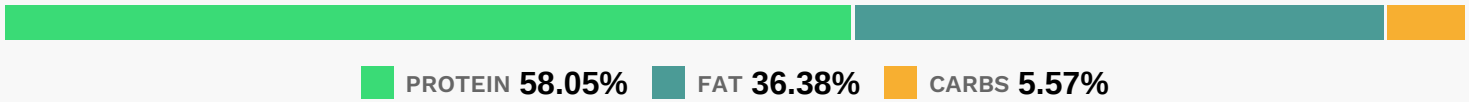
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place the pork tenderloin in a deep baking dish.
- ☐ Mix together the garlic, onion, parsley, mustard, wine, yogurt, olive oil, salt, pepper, red pepper flakes, oregano, basil, thyme, bouillon, and lemon juice in a bowl; pour over the pork. Cover the entire dish with aluminum foil.
- ☐ Bake in the preheated oven until internal temperature has reached 145 degrees F (63 degrees C), about 1 hour 30 minutes.
- ☐ Remove the tenderloin from the dish and cover with aluminum foil on a cutting board. Allow to rest for 20 minutes before slicing. Reserve the sauce from the dish and serve on the side.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:31.065217484599%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 349.45kcal (17.47%), Fat: 13.37g (20.57%), Saturated Fat: 3.59g (22.41%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 3.56g (1.3%), Sugar: 1.74g (1.93%), Cholesterol: 148.74mg (49.58%), Sodium: 987.47mg (42.93%), Alcohol: 1.37g (100%), Alcohol %: 0.59% (100%), Protein: 48.01g (96.03%), Vitamin B1: 2.26mg (150.79%), Selenium: 71.89µg (102.7%), Vitamin B6: 1.8mg (90.21%), Vitamin B3: 15.17mg (75.83%), Phosphorus: 582.65mg (58.27%), Vitamin B2: 0.8mg (47.08%), Vitamin K: 48.71µg (46.39%), Zinc: 4.47mg (29.82%), Potassium: 995.08mg (28.43%), Vitamin B12: 1.22µg (20.29%), Vitamin B5: 2.03mg (20.26%), Magnesium: 73.37mg (18.34%), Iron: 2.92mg (16.21%), Copper: 0.24mg (11.78%), Manganese: 0.2mg (10.15%), Vitamin C: 8.18mg (9.92%), Vitamin E: 1.35mg (9.01%), Vitamin A: 289.38IU (5.79%), Calcium: 51.39mg (5.14%), Vitamin D: 0.69µg (4.6%), Fiber: 1.05g (4.18%), Folate: 11.19µg (2.8%)