

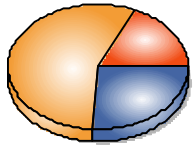


Tarragon-Mustard Pork Loin w/ Fruited Quinoa

By: Adapted by DrJez LLC

Recipe grams: 752.10g/26.5oz

Serves 3 250.70g/8.8oz per serving



Protein: 26%
Carbohydrates: 49%
Fat: 24%

INGREDIENTS

16 oz PORK, CENTER CUT BONELESS LOIN
3 cloves GARLIC, RAW
3 tbsp MUSTARD, PREPARED, DIJON
1 tsp TARRAGON, DRIED
1/2 tsp PAPRIKA, GROUND
1 tsp BLACK PEPPER, GROUND
3/4 cups QUINOA
1/2 cup CURRANT, ZANTE, DRIED
1/2 cup RAISIN, SEEDED
1 tsp LEMON JUICE

DIRECTIONS

Preheat oven to 375. Combine Garlic through Pepper and rub over pork loin. Place in nonstick pan coated with cooking spray. Bake 30 minutes or until done.

While pork is baking, bring 1 cup of water to boil. Add quinoa and fruit. Simmer 15 minutes or until liquid is absorbed. Stir in lemon juice and lightly salt and pepper to taste.

Serve with green salad.

Nutrition Facts	
Serving Size: 1 serving (250.7g)	
Servings: 1	
Amount Per Serving	
Calories 500	Calories from Fat 130
% Daily Value*	
Total Fat 14g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 80mg	25%
Sodium 820mg	35%
Total Carbohydrate 64g	20%
Dietary Fiber 6g	25%
Sugars 16g	
Protein 34g	
Vitamin A 0%	• Vitamin C 6%
Calcium 6%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet.	