

# Easy Pan-Fried Pork Tenderloin with Mustard Sauce

Yield: 5 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-fried-pork-tenderloin-recipe>

## Ingredients:

- 2 pork tenderloins about 1 lb. each
- ground pepper
- salt
- pork
- 3 teaspoons olive oil will depend on your pan, but don't use a non-stick pan for this recipe
- 2 tablespoons chicken stock or water
- 1/3 cup spicy brown mustard
- 3 tablespoons Dijon mustard
- 3 tablespoons low-fat sour cream

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 150 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 50 grams
7. SaturatedFat: 4 grams
8. Sodium: 290 milligrams

---

Thank you for visiting our website. Hope you enjoy Easy Pan-Fried Pork Tenderloin with Mustard Sauce above. You can see more 19 southern fried pork tenderloin recipe Experience culinary bliss now! to get more great cooking ideas.