

# Lemon Dijon Herb-Crusted Grilled Pork Tenderloin

Yield: 2 min  
Total Time: 70 min

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

## Ingredients:

- 1 pork tenderloin approximately 1 pound
- 2 lemons juiced
- 1 lemon zest grated
- 1 tablespoon honey
- 2 teaspoons garlic finely minced
- 1 tablespoon Dijon mustard
- 2 tablespoons whole grain mustard
- 1 tablespoon extra virgin olive oil
- 2 teaspoons fresh thyme chopped
- 1 tablespoon fresh rosemary chopped
- ground black pepper
- salt

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 165 milligrams
4. Fat: 19 grams
5. Fiber: 7 grams
6. Protein: 56 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 700 milligrams
9. Sugar: 9 grams

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