



## Maple Dijon Pork Tenderloin



1/4 of recipe: 147 calories, 3.5g total fat (0.5g sat. fat), 442mg sodium, 2g carbs, 0g fiber, 0.5g sugars, 23.5g protein

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**Prep:** 5 minutes    **Cook:** 3-4 hours or 7-8 hours



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### Ingredients

- 1 lb. raw pork tenderloin, trimmed of excess fat
- 1 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 1/8 tsp. black pepper
- 1 1/2 tbsp. natural sugar-free pancake syrup (like [ChocZero](#))
- 1 tbsp. Dijon mustard

### Directions

Spray a slow cooker with nonstick spray. Add pork, and season with garlic powder, salt, and pepper.

In a small bowl, mix syrup with mustard. Pour mixture over pork, and flip pork to coat.

Cover and cook on high for 3-4 hours or on low for 7-8 hours, until pork is cooked through.

**MAKES 4 SERVINGS**

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