

**Jerk Pork Tenderloin with Green Bean Souffle**

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**Heart Healthy**

This dish follows the American Heart Association's recommendations for living a heart-lifestyle.

**Dish With**  
Fresh Mangos

Bring the flavor of the Caribbean home. Pork tenderloin marinated in spicy-sweet cider vinegar, soy sauce, brown sugar and jerk spices. A creamy green beans soufflé with Swiss cheese complements this dish.

**Nutrition Facts** Servings: 6

**Pork Tenderloin**

Amount/Serving	
<b>Calories</b>	180
Fat Cal.	54
<b>Total Fat</b>	6g
Sat. Fat	1.5g
Trans Fat	0g
<b>Cholest.</b>	80mg
<b>Sodium</b>	670mg
<b>Total Carb</b>	2g
Dietary Fiber	0g
Sugars	1g
<b>Protein</b>	30g
<b>Weight Watchers® Points®</b>	<b>4</b>

**Green Beans**

Amount/Serving	
<b>Calories</b>	160
Fat Cal.	90
<b>Total Fat</b>	10g
Sat. Fat	6g
Trans Fat	0g
<b>Cholest.</b>	45mg
<b>Sodium</b>	400mg
<b>Total Carb</b>	14g
Dietary Fiber	2g
Sugars	3g
<b>Protein</b>	4g
<b>Weight Watchers® Points®</b>	<b>4</b>

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**At-Home Cooking Directions**

**GRILL/PORK:** Preheat grill on medium heat. Cook tenderloins, turning occasionally, for 25-30 minutes or until internal temperature reaches 160 °F. Let pork rest for 5 minutes before slicing. **OVEN/PORK:** Preheat oven to 400 °F. Place pork tenderloins in a 9 x 13 baking pan, leaving 1-inch between them. Bake, uncovered, for 40-45 minutes or until internal temperature reaches 160 °F. Let pork rest for 5 minutes before slicing. **GREEN BEANS:** Preheat oven to 400°F. Remove foil lid from pan and cover tightly with foil. Bake covered for 20 minutes. Uncover and bake an additional 20-30 minutes or until hot in the center.

Cook Method  
**Thaw in Fridge or Microwave Defrost, Keep Beans Frozen; Grill (25 minutes) and Oven (30 minutes) or Oven (40 minutes)**



Thawing Instructions  
**Thaw in Fridge or Microwave on Defrost; Keep Beans Frozen**

**Ingredients\***

Pork Tenderloin, Green Beans, Stuffing Mix (unbromated unbleached enriched wheat flour [flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], unbromated stone ground 100% whole wheat flour, dehydrated onions, corn syrup solids, high fructose corn syrup, contains 2 percent or less of: salt, dehydrated celery, yeast, partially hydrogenated soybean oil, dehydrated chicken, chicken fat, chicken broth, maltodextrin, onion powder, spices, vinegar, xtractives of turmeric (color), autolyzed yeast extract, ehydrated garlic, extractives of paprika (color), natural flavors, soy protein isolate, soy sauce solids (soybeans), sugar, torula yeast extract, turmeric (color) and modified corn starch), Swiss Cheese (pasteurized grade a milk, cheese culture, salt, enzymes, cellulose powder (anti-caking agent), Culinary Cream (water, butter (sweet cream, salt), lactose, sodium caseinate (from milk), whey protein concentrate, xanthan gum, guar gum, potassium sorbate (preservative), citric acid (preservative), Sour Cream (cultured milk, cream, grade a whey, nonfat dry milk, modified food starch, sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, natural flavor, potassium sorbate (a preservative), Jerk Seasoning (salt, spices (including red pepper), dextrose, caramel color, chives, and sulfiting agents), Onion, Brown Sugar, Butter , Low Sodium Soy Sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate less than 1/10 of 1% as a preservative), Liquid Egg (whole eggs with sodium phosphate and citric acid (all added to preserve color), nisin preparation), Garlic, Salt, Apple Cider Vinegar. CONTAINS: soy, Wheat, Milk, Eggs

\* Items may contain common allergens or come in contact with other allergens that are prepared in this facility. Substitutions may occur. Please contact your local store directly to verify ingredients if you have any specific questions. Nutritional Data is based on 6 servings.