



Apricot-Ginger Pork Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



37 min.

SERVINGS



4

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apricot spread (such as Polaner All Fruit)
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon ginger fresh grated peeled
- 0.3 cup green onions thinly sliced (2)
- 1 pound pork tenderloin trimmed
- 0.3 cup orange juice
- 2 tablespoons rice wine vinegar
- 0.5 teaspoon salt

Equipment

- sauce pan
- oven
- kitchen thermometer
- aluminum foil
- ziploc bags
- broiler pan

Directions

- Combine first 6 ingredients in a zip-top plastic bag.
- Add tenderloin; seal bag, and marinate in refrigerator at least 2 hours.
- Preheat oven to 45
- Remove tenderloin from bag, reserving marinade.
- Place tenderloin on a broiler pan coated with cooking spray.
- Bake at 450 for 25 to 30 minutes or until a thermometer registers 155 (slightly pink). Cover with foil, and let stand 10 minutes.
- While pork stands, place reserved marinade in a small saucepan. Bring to a boil over medium heat. Cook 2 minutes, stirring constantly. Stir in green onions. Slice pork, and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:55.67, Glycemic Load:1.7, Inflammation Score:-5, Nutrition Score:16.942173963008%

Flavonoids

Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 144.35kcal (7.22%), Fat: 2.59g (3.99%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 3.82g (1.39%), Sugar: 3.25g (3.61%), Cholesterol: 73.71mg (24.57%), Sodium: 352.41mg (15.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.57%), Vitamin B1: 1.16mg (77.02%), Selenium: 35.06µg (50.08%), Vitamin B6: 0.9mg (45.16%), Vitamin B3: 7.8mg (38.99%), Phosphorus: 290.38mg (29.04%), Vitamin B2: 0.41mg (23.87%), Potassium: 556.51mg (15.9%), Zinc: 2.22mg (14.8%), Vitamin K: 14µg (13.34%), Vitamin C: 10.89mg (13.2%), Vitamin B5: 1.04mg (10.44%), Vitamin B12: 0.58µg (9.64%), Vitamin A: 467.84IU (9.36%), Magnesium: 36.24mg (9.06%), Iron: 1.34mg (7.46%), Copper: 0.13mg (6.72%), Manganese: 0.08mg (4.11%), Vitamin E: 0.47mg (3.11%), Fiber: 0.65g (2.62%), Folate: 10.49µg (2.62%), Calcium: 16.24mg (1.62%), Vitamin D: 0.23µg (1.51%)