



Asian Barbecued Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon sriracha (such as Lee Kum Kee)
- ☐ 1.5 teaspoons ginger fresh minced peeled
- ☐ 2 garlic cloves crushed
- ☐ 2 tablespoons hoisin sauce
- ☐ 2 tablespoons catsup
- ☐ 1.5 pound pork tenderloin trimmed
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.1 teaspoon salt

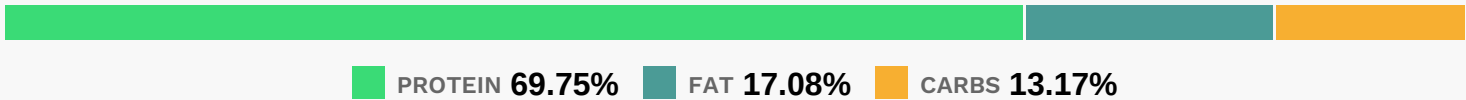
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 42
- ☐ Heat a large ovenproof skillet coated with cooking spray over medium-high heat.
- ☐ Sprinkle pork with salt.
- ☐ Add pork to pan; cook 2 minutes on all sides or until browned.
- ☐ Remove from heat.
- ☐ Combine hoisin and next 5 ingredients (through ginger) in a small bowl.
- ☐ Spread hoisin mixture over tenderloin. Insert meat thermometer into thickest portion of tenderloin.
- ☐ Bake at 425 for 15 minutes or until thermometer registers 16
- ☐ Place pork on a platter; let stand 5 minutes. Reserve 8 ounces (about 1/
- ☐ of tenderloin for Asian Pork Stir-Fry.
- ☐ Cut remaining tenderloin into 1/4-inch-thick slices.
- ☐ Garnish with cilantro, if desired.
- ☐ Note: Hoisin sauce and chili garlic sauce may be found in the Asian-food section of most large supermarkets.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:22.110869465963%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 219.43kcal (10.97%), Fat: 4.01g (6.16%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.55g (2.38%), Sugar: 4.07g (4.52%), Cholesterol: 110.8mg (36.93%), Sodium: 710.21mg (30.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.81g (73.62%), Vitamin B1: 1.71mg (113.67%), Selenium: 52.84µg (75.49%), Vitamin B6: 1.37mg (68.55%), Vitamin B3: 11.68mg (58.39%), Phosphorus: 440.96mg (44.1%), Vitamin B2: 0.63mg (37.21%), Zinc: 3.34mg (22.24%), Potassium: 746.59mg (21.33%), Vitamin B5: 1.48mg (14.84%), Vitamin B12: 0.87µg (14.46%), Magnesium: 55.04mg (13.76%), Iron: 1.91mg (10.63%), Copper: 0.18mg (8.99%), Manganese: 0.11mg (5.71%), Vitamin E: 0.54mg (3.61%), Vitamin D: 0.34µg (2.27%), Calcium: 17.47mg (1.75%), Fiber: 0.4g (1.6%), Folate: 6.16µg (1.54%), Vitamin C: 0.85mg (1.02%)