



## Asian-Glazed 'Melt-in-Your-Mouth' Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



154 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons brown sugar packed
- ☐ 4 cloves garlic minced
- ☐ 5 cloves garlic minced
- ☐ 2 tablespoons ginger finely grated
- ☐ 0.5 cup hoisin sauce
- ☐ 0.5 cup sauce sweet sour

- ☐ 1 optional: lemon thinly sliced
- ☐ 0.3 cup onion grated
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 1.5 pound pork tenderloin
- ☐ 0.5 cup salt
- ☐ 0.5 cup teriyaki sauce
- ☐ 1 gallon water

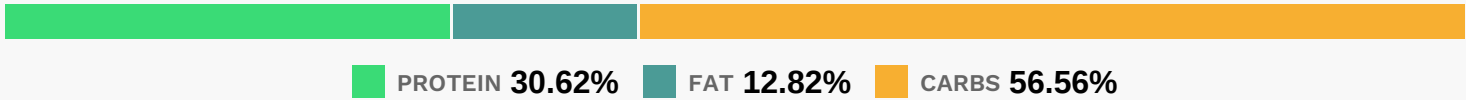
## Equipment

- ☐ whisk
- ☐ grill
- ☐ aluminum foil

## Directions

- ☐ To make the brine, mix together the water, 1/2 cup brown sugar, salt, 2 tablespoons ginger, onion, lemon, 5 cloves of garlic, and 1/2 cup teriyaki sauce in a large container.
- ☐ Add the pork tenderloin, cover, and refrigerate for 2 to 8 hours.
- ☐ For the glaze, whisk together 1/2 cup teriyaki sauce, sweet and sour sauce, hoisin sauce, 4 cloves of garlic, 2 tablespoons ginger, brown sugar, and orange juice.
- ☐ Prepare an outdoor grill for high heat.
- ☐ Cook the pork tenderloin on the preheated grill until no longer pink in the center, 7 to 12 minutes per side.
- ☐ Remove the tenderloin from the grill and cover with foil; allow to rest for 10 minutes. To serve, brush with glaze, and cut into thin slices.

## Nutrition Facts



## Properties

Glycemic Index:44.88, Glycemic Load:2.46, Inflammation Score:-6, Nutrition Score:27.838695825442%

## Flavonoids

Eriodictyol: 5.8mg, Eriodictyol: 5.8mg, Eriodictyol: 5.8mg, Eriodictyol: 5.8mg Hesperetin: 10mg, Hesperetin: 10mg, Hesperetin: 10mg, Hesperetin: 10mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 520.55kcal (26.03%), Fat: 7.4g (11.38%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 73.41g (24.47%), Net Carbohydrates: 71.23g (25.9%), Sugar: 59.66g (66.29%), Cholesterol: 111.59mg (37.2%), Sodium: 16585.96mg (721.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.75g (79.5%), Vitamin B1: 1.73mg (115.39%), Selenium: 54.19µg (77.41%), Vitamin B6: 1.5mg (75.23%), Vitamin B3: 12.34mg (61.69%), Phosphorus: 505.55mg (50.55%), Vitamin B2: 0.7mg (40.94%), Vitamin C: 27.8mg (33.7%), Potassium: 976.64mg (27.9%), Magnesium: 97.88mg (24.47%), Zinc: 3.6mg (24.02%), Copper: 0.46mg (23.1%), Iron: 3.35mg (18.6%), Vitamin B5: 1.72mg (17.17%), Manganese: 0.32mg (15.79%), Vitamin B12: 0.88µg (14.74%), Calcium: 122.02mg (12.2%), Fiber: 2.18g (8.71%), Folate: 22.81µg (5.7%), Vitamin E: 0.54mg (3.57%), Vitamin D: 0.51µg (3.4%), Vitamin A: 53.55IU (1.07%)