



## Asian Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



525 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 tablespoons asian chile paste
- 4 cloves garlic crushed
- 3 green onions chopped
- 0.1 cup brown sugar light packed
- 1.5 teaspoons pepper
- 2 pound fat-trimmed pork tenderloin
- 0.3 cup sesame oil
- 0.3 cup lite soy sauce

2 tablespoons worcestershire sauce

## Equipment

bowl

oven

whisk

baking pan

aluminum foil

## Directions

Pour into a medium bowl the soy sauce, sesame oil, and Worcestershire sauce. Then whisk in brown sugar, green onions, garlic, chile paste, and pepper.

Place the tenderloin in a shallow dish.

Pour sauce over tenderloin, turning the meat a few times to coat. Cover dish, and refrigerate at least 8 hours.

Preheat oven to 450 degrees F (230 degrees C).

Transfer pork with marinade into an aluminum foil-lined baking pan.

Roast in a preheated oven 25 to 30 minutes.

Remove, and let stand 5 to 10 minutes before carving.

## Nutrition Facts

**PROTEIN 44.3%** **FAT 43.78%** **CARBS 11.92%**

## Properties

Glycemic Index:27.25, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:30.192174092583%

## Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 452.34kcal (22.62%), Fat: 21.72g (33.42%), Saturated Fat: 4.63g (28.96%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 12.64g (4.6%), Sugar: 8.63g (9.59%), Cholesterol: 147.42mg (49.14%), Sodium: 1313.62mg (57.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.46g (98.91%), Vitamin B1: 2.26mg (150.78%), Selenium: 69.58µg (99.4%), Vitamin B6: 1.83mg (91.55%), Vitamin B3: 15.99mg (79.97%), Phosphorus: 593.85mg (59.38%), Vitamin B2: 0.82mg (48.28%), Potassium: 1078.48mg (30.81%), Zinc: 4.43mg (29.54%), Vitamin K: 21.92µg (20.88%), Vitamin B5: 2.02mg (20.15%), Vitamin B12: 1.18µg (19.66%), Iron: 3.46mg (19.25%), Magnesium: 75.24mg (18.81%), Manganese: 0.29mg (14.64%), Copper: 0.28mg (14.12%), Vitamin C: 4.69mg (5.69%), Vitamin E: 0.77mg (5.14%), Calcium: 48.71mg (4.87%), Vitamin D: 0.68µg (4.54%), Folate: 10.81µg (2.7%), Fiber: 0.67g (2.69%), Vitamin A: 117.29IU (2.35%)