



Asian Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon mustard dry
- ☐ 4 garlic cloves crushed
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup brown sugar light packed
- ☐ 1.5 teaspoons pepper
- ☐ 1.5 pounds pork tenderloin
- ☐ 0.3 cup sesame oil
- ☐ 0.3 cup lite soy sauce

☐ 2 tablespoons worcestershire sauce

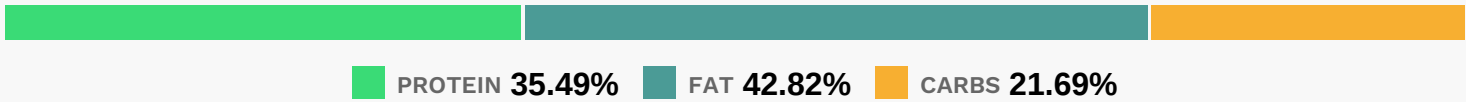
Equipment

- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Whisk together first 8 ingredients.
- ☐ Place pork in a shallow dish; add marinade, turning pork to coat. Cover and chill 8 hours.
- ☐ Remove pork from marinade, discarding marinade.
- ☐ Place in a foil-lined roasting pan.
- ☐ Bake at 450 for 25 minutes or until a meat thermometer registers 16
- ☐ Let pork stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:16.640434594906%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 286.18kcal (14.31%), Fat: 13.56g (20.86%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 15.02g (5.46%), Sugar: 12.87g (14.3%), Cholesterol: 73.71mg (24.57%), Sodium: 856.67mg

(37.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.29g (50.57%), Vitamin B1: 1.14mg (76.02%), Selenium: 37.38µg (53.4%), Vitamin B6: 0.93mg (46.57%), Vitamin B3: 8.14mg (40.69%), Phosphorus: 310.11mg (31.01%), Vitamin B2: 0.42mg (24.47%), Potassium: 562.99mg (16.09%), Zinc: 2.29mg (15.29%), Iron: 1.99mg (11.04%), Magnesium: 43.58mg (10.9%), Manganese: 0.21mg (10.72%), Vitamin B5: 1.05mg (10.49%), Vitamin B12: 0.59µg (9.83%), Copper: 0.16mg (7.82%), Vitamin C: 3.38mg (4.1%), Calcium: 34.83mg (3.48%), Vitamin E: 0.45mg (3.03%), Vitamin D: 0.34µg (2.27%), Vitamin K: 2.21µg (2.1%), Fiber: 0.43g (1.72%), Folate: 5.93µg (1.48%)