



Caramelized Pork Slices

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

READY IN



20 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pork tenderloin cut into 1/2-inch slices
- 2 garlic clove finely chopped
- 2 tablespoons brown sugar packed
- 1 tablespoon orange juice
- 1 tablespoon blackstrap molasses
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

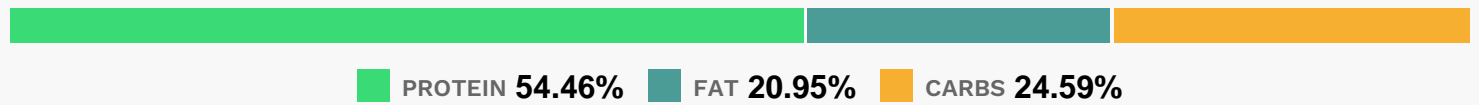
Equipment

frying pan

Directions

- Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat.
- Cook pork and garlic in skillet 6 to 8 minutes, turning occasionally, until pork is light brown and no longer pink in center.
- Drain if necessary.
- Stir in remaining ingredients; cook until mixture thickens and coats pork.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:2.02, Inflammation Score:-2, Nutrition Score:15.386521446316%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 177.84kcal (8.89%), Fat: 4.03g (6.2%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 10.57g (3.84%), Sugar: 9.93g (11.03%), Cholesterol: 73.71mg (24.57%), Sodium: 353.5mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.56g (47.12%), Vitamin B1: 1.12mg (74.84%), Selenium: 35.55µg (50.78%), Vitamin B6: 0.92mg (46.21%), Vitamin B3: 7.58mg (37.89%), Phosphorus: 280.56mg (28.06%), Vitamin B2: 0.39mg (22.67%), Potassium: 542.87mg (15.51%), Zinc: 2.16mg (14.39%), Magnesium: 44.32mg (11.08%), Vitamin B5: 1.02mg (10.16%), Vitamin B12: 0.59µg (9.83%), Iron: 1.43mg (7.93%), Manganese: 0.14mg (6.93%), Copper: 0.14mg (6.82%), Vitamin C: 2.59mg (3.14%), Calcium: 25.95mg (2.6%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.25mg (1.69%)