



Chinese-Barbecued Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon five-spice powder
- 2 teaspoons brown sugar
- 0.5 teaspoon sesame oil dark
- 0.1 teaspoon ground pepper red
- 1 tablespoon hoisin sauce
- 1 tablespoon orange juice
- 1 pound pork tenderloin
- 0.3 teaspoon salt

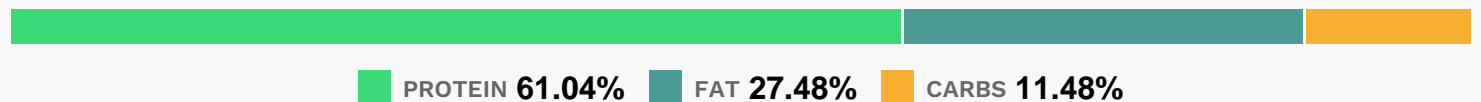
Equipment

- bowl
- oven
- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 40
- Trim fat from pork.
- Combine sugar and next 3 ingredients (sugar through pepper). Rub pork with spice mixture.
- Place pork on a broiler pan coated with cooking spray; insert a meat thermometer into thickest portion of tenderloin.
- Bake at 400 for 10 minutes.
- Combine hoisin, orange juice, and oil in a small bowl; brush over tenderloin.
- Bake for an additional 15 minutes or until thermometer registers 160 (slightly pink).

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:14.715217373293%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 160.69kcal (8.03%), Fat: 4.74g (7.29%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 4.24g (1.54%), Sugar: 3.4g (3.77%), Cholesterol: 73.83mg (24.61%), Sodium: 269.81mg (11.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.68g (47.35%), Vitamin B1: 1.12mg (74.63%), Selenium: 34.49µg (49.27%), Vitamin B6: 0.88mg (43.86%), Vitamin B3: 7.58mg (37.91%), Phosphorus: 280.26mg (28.03%),

Vitamin B2: 0.39mg (23.18%), Zinc: 2.16mg (14.43%), Potassium: 470.07mg (13.43%), Vitamin B12: 0.59µg (9.83%),
Vitamin B5: 0.97mg (9.67%), Magnesium: 33.17mg (8.29%), Iron: 1.35mg (7.52%), Copper: 0.11mg (5.69%), Vitamin
C: 2.29mg (2.78%), Vitamin D: 0.34µg (2.27%), Manganese: 0.04mg (2.05%), Vitamin E: 0.29mg (1.92%), Calcium:
13.62mg (1.36%)