



Chinese Pork Tenderloin



Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch five-spice powder chinese
- ☐ 1 tablespoon black bean garlic sauce
- ☐ 1.5 teaspoons brown sugar packed
- ☐ 1.5 teaspoons ginger root fresh minced
- ☐ 1 clove garlic
- ☐ 2 tablespoons hoisin sauce
- ☐ 3 pound pork tenderloins trimmed
- ☐ 2 tablespoons soya sauce light

- ☐ 0.5 teaspoon sesame oil
- ☐ 1 tablespoon cooking sherry

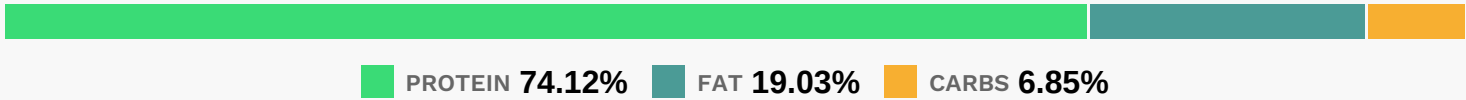
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Place tenderloins in a shallow glass dish. In a small bowl, whisk together soy sauce, hoisin sauce, sherry, black bean sauce, ginger, sugar, garlic, sesame oil, and five-spice powder.
- ☐ Pour marinade over pork, and turn to coat. Cover, and refrigerate for at least 2 hours or up to 24 hours.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Remove tenderloins from refrigerator while the oven preheats.
- ☐ Bake pork in preheated oven for 30 to 35 minutes, or to desired doneness.
- ☐ Let stand for 10 minutes, and then slice diagonally into thin slices.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:27.074782745508%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 276.21kcal (13.81%), Fat: 5.54g (8.53%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 4.11g (1.49%), Sugar: 2.85g (3.16%), Cholesterol: 147.58mg (49.19%), Sodium: 542.42mg (23.58%), Alcohol: 0.26g (100%), Alcohol %: 0.13% (100%), Protein: 48.61g (97.21%), Vitamin B1: 2.27mg (151.27%), Selenium: 70.09µg (100.14%), Vitamin B6: 1.79mg (89.36%), Vitamin B3: 15.47mg (77.37%), Phosphorus: 572.17mg (57.22%), Vitamin B2: 0.8mg (46.94%), Zinc: 4.35mg (28.99%), Potassium: 933.57mg (26.67%), Vitamin B5: 1.95mg (19.53%), Vitamin B12: 1.16µg (19.28%), Magnesium: 65.88mg (16.47%), Iron: 2.56mg (14.21%), Copper: 0.22mg (11.19%), Manganese: 0.09mg (4.72%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.45µg (3.02%), Calcium: 17.36mg (1.74%), Fiber: 0.38g (1.53%)