



Cinnamon Pork Tenderloin

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

READY IN



20 min.

SERVINGS



6

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons soy sauce reduced-sodium
- 3 tablespoons chicken broth
- 1 tablespoon brown sugar
- 1.5 teaspoons honey
- 1 teaspoon ground cinnamon
- 1 garlic clove minced
- 1.5 pound pork tenderloin

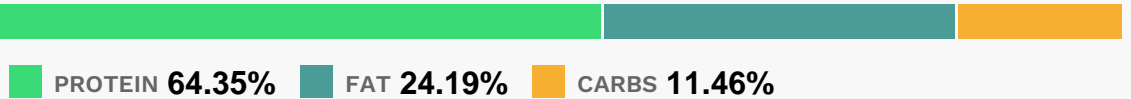
Equipment

- grill
- kitchen thermometer
- ziploc bags

Directions

- In a large resealable plastic bag, combine the first six ingredients.
- Add the pork; seal bag and turn to coat. Refrigerate 4–6 hours.
- Drain and discard marinade. Grill pork, covered, over medium heat for 15–20 minutes or until a thermometer reads 160°; turning occasionally.
- Let stand for 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:14.55, Glycemic Load:0.8, Inflammation Score:-2, Nutrition Score:14.938260898318%

Flavonoids

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: 155.58kcal (7.78%), Fat: 4.05g (6.23%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 4.07g (1.48%), Sugar: 3.46g (3.85%), Cholesterol: 73.86mg (24.62%), Sodium: 375.54mg (16.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.48%), Vitamin B1: 1.12mg (74.63%), Selenium: 34.55µg (49.36%), Vitamin B6: 0.89mg (44.41%), Vitamin B3: 7.62mg (38.08%), Phosphorus: 290.27mg (29.03%), Vitamin B2: 0.41mg (23.95%), Zinc: 2.21mg (14.7%), Potassium: 482.18mg (13.78%), Vitamin B12: 0.59µg (9.85%), Vitamin B5: 0.98mg (9.83%), Magnesium: 36.75mg (9.19%), Iron: 1.27mg (7.06%), Manganese: 0.12mg (6.13%), Copper: 0.11mg (5.51%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.29mg (1.96%), Calcium: 15.51mg (1.55%)