



Easy Marinated Pork Tenderloin

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



115 min.

SERVINGS



1

CALORIES



1804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound pork loin roast boneless
- 1 clove garlic minced
- 3 tablespoons dijon honey mustard
- 0.3 cup olive oil
- 1 serving salt and pepper to taste
- 0.3 cup soya sauce

Equipment

- bowl

- oven
- whisk
- baking pan
- kitchen thermometer
- ziploc bags

Directions

- Whisk together the olive oil, soy sauce, garlic, mustard, salt, and pepper in a bowl.
- Place the pork loin in a large sealable plastic bag and pour in the marinade. Marinate in the refrigerator at least 1 hour before cooking.
- Preheat an oven to 350 degrees F (175 degrees C).
- Transfer the pork loin to a baking dish; pour marinade over the pork.
- Cook in the preheated oven until the pork is no longer pink in the center, 45 to 60 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Nutrition Facts

PROTEIN 48.01% **FAT 46.89%** **CARBS 5.1%**

Properties

Glycemic Index:45, Glycemic Load:0.69, Inflammation Score:-7, Nutrition Score:53.340435023298%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1804.11kcal (90.21%), Fat: 90.9g (139.85%), Saturated Fat: 18.78g (117.39%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 21.7g (7.89%), Sugar: 10.02g (11.13%), Cholesterol: 571.53mg (190.51%), Sodium: 4104.78mg (178.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 209.41g (418.81%), Selenium: 252.18µg (360.26%), Vitamin B6: 7mg (350.12%), Vitamin B3: 54.43mg (272.15%), Vitamin B1: 4.06mg (270.6%), Phosphorus: 2121.16mg (212.12%), Zinc: 16.61mg (110.76%), Vitamin B2: 1.79mg (105.17%), Potassium: 3528.44mg (100.81%), Vitamin B12: 4.63µg (77.11%), Vitamin B5: 6.99mg (69.94%), Magnesium: 259.82mg (64.96%), Vitamin E: 8.96mg (59.72%), Iron:

6.63mg (36.86%), Vitamin K: 32.56µg (31.01%), Copper: 0.61mg (30.68%), Vitamin D: 3.63µg (24.19%), Manganese: 0.4mg (20.18%), Calcium: 63.05mg (6.3%), Folate: 10.53µg (2.63%), Fiber: 0.53g (2.11%), Vitamin C: 0.94mg (1.13%)