



Easy Pork with Hoisin Sauce



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings rice steamed for serving, if desired
- ☐ 4 medium garlic cloves smashed
- ☐ 12 ounces green beans cut into 1-inch lengths
- ☐ 4 servings green onions thinly sliced for garnish, optional
- ☐ 0.3 cup hoisin sauce
- ☐ 1 pound pork tenderloin
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon sesame oil toasted

- ☐ 4 servings sesame seed toasted for garnish, optional
- ☐ 0.3 cup rice wine dry

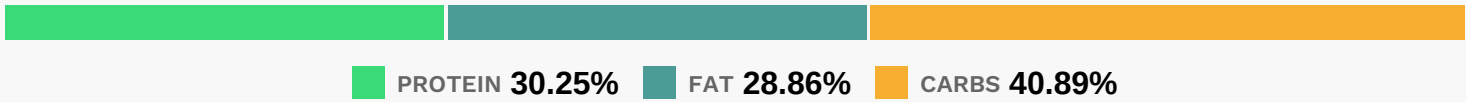
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ stove

Directions

- ☐ Trim excess fat and silverskin from tenderloin.
- ☐ Cut into 1-inch pieces, pat with paper towels, rub with some sesame oil, and season with salt and freshly ground black pepper.
- ☐ Place a medium skillet over medium high heat, add 1 tablespoon sesame oil. When oil shimmers, add pork and cook until browned and cooked partially, about 2 to 3 minutes per side.
- ☐ Remove pork to a plate, return skillet to stove, and add garlic. When garlic is fragrant, add green beans and stir occasionally until browned, about 3 minutes.
- ☐ Add sherry and hoisin, stir to combine, and cook until beans are tender and sauce is reduced slightly and sherry smell is cooked off, about 4 minutes. Return pork to pot, turn to coat in sauce, season with salt and freshly ground black pepper.
- ☐ Sprinkle with sesame seeds and green onions, if using, and serve over rice.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:26.28, Inflammation Score:-7, Nutrition Score:27.672608748726%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin:

0.16mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 406.23kcal (20.31%), Fat: 12.49g (19.22%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 39.82g (13.27%), Net Carbohydrates: 35.56g (12.93%), Sugar: 7.7g (8.55%), Cholesterol: 74.22mg (24.74%), Sodium: 539.74mg (23.47%), Alcohol: 2.41g (100%), Alcohol %: 0.93% (100%), Protein: 29.46g (58.92%), Vitamin B1: 1.27mg (84.83%), Selenium: 44.53µg (63.61%), Vitamin B6: 1.18mg (58.78%), Vitamin K: 49.6µg (47.24%), Vitamin B3: 9.05mg (45.25%), Manganese: 0.87mg (43.66%), Phosphorus: 406.41mg (40.64%), Vitamin B2: 0.55mg (32.12%), Copper: 0.58mg (28.91%), Magnesium: 96.42mg (24.1%), Zinc: 3.45mg (22.99%), Potassium: 743.03mg (21.23%), Iron: 3.63mg (20.16%), Fiber: 4.26g (17.03%), Vitamin C: 12.51mg (15.16%), Vitamin B5: 1.49mg (14.87%), Calcium: 140.29mg (14.03%), Vitamin A: 650.94IU (13.02%), Folate: 46.08µg (11.52%), Vitamin B12: 0.59µg (9.83%), Vitamin E: 0.78mg (5.22%), Vitamin D: 0.34µg (2.27%)