



Ginger-Glazed Pork Tenderloin



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 1 tablespoon ginger fresh grated
- ☐ 3 garlic cloves minced
- ☐ 6 servings garnish: green onion strips
- ☐ 2 pound pork tenderloins
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon water

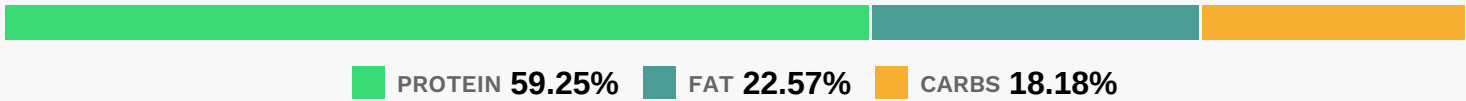
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Place pork tenderloins on a lightly greased rack in a foil-lined roasting pan.
- ☐ Sprinkle evenly with salt.
- ☐ Combine preserves and next 4 ingredients.
- ☐ Spread evenly over pork.
- ☐ Bake at 425 for 25 minutes or until a meat thermometer inserted in thickest portion registers 15
- ☐ Remove from oven; cover and let stand 10 minutes or until thermometer registers 16
- ☐ Garnish, if desired.
- ☐ Ginger-Glazed Pork Chops: Substitute 6 (1/2-inch-thick) bone-in pork chops (about 2 1/2 pounds). Broil 6 inches from heat for 5 minutes. Reduce oven temperature to 42
- ☐ Bake 8 to 10 minutes or until a meat thermometer registers 15
- ☐ Remove from oven; cover and let stand 10 minutes or until thermometer registers 16
- ☐ Makes 6 servings. Prep: 8 min., Broil: 5 min.,
- ☐ Bake: 10 min., Stand: 10 min.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:20.345217570015%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 220.13kcal (11.01%), Fat: 5.39g (8.3%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 9.5g (3.46%), Sugar: 5.93g (6.59%), Cholesterol: 98.28mg (32.76%), Sodium: 446.74mg (19.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.71%), Vitamin B1: 1.49mg (99.54%), Selenium: 46.36µg (66.22%), Vitamin B6: 1.19mg (59.47%), Vitamin B3: 10.17mg (50.84%), Phosphorus: 376.62mg (37.66%), Vitamin B2: 0.52mg (30.81%), Zinc: 2.89mg (19.29%), Potassium: 638.14mg (18.23%), Vitamin B12: 0.79µg (13.1%), Vitamin B5: 1.3mg (12.95%), Vitamin K: 12.45µg (11.85%), Magnesium: 44.66mg (11.16%), Iron: 1.73mg (9.59%), Copper: 0.16mg (8.22%), Manganese: 0.08mg (3.96%), Vitamin C: 2.81mg (3.41%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.39mg (2.58%), Calcium: 19.72mg (1.97%), Vitamin A: 89.92IU (1.8%), Folate: 4.68µg (1.17%), Fiber: 0.27g (1.1%)