



Ginger Lime Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



2

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cane sugar
- 5 dashes chile-garlic sauce to taste
- 2 cloves garlic minced
- 1 green onion sliced
- 1 teaspoon ground ginger
- 2 juice of lime juiced
- 1 cup soya sauce light
- 2 servings lime zest

- 1 tablespoon olive oil
- 0.8 pound pork tenderloin cut into 1/2-inch slices
- 0.5 cup rice wine vinegar

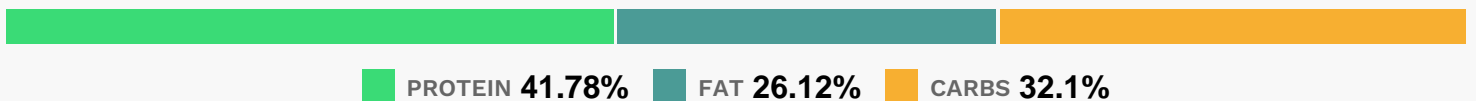
Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- kitchen thermometer

Directions

- Whisk soy sauce, rice wine vinegar, cane sugar, lime juice, lime zest, green onion, garlic, ground ginger, and chile-garlic sauce together in a large glass or ceramic bowl; add the sliced pork and toss to coat. Cover the bowl with plastic wrap and marinate in the refrigerator at least 2 hours.
- Remove pork from the marinade and shake off excess. Discard marinade.
- Heat olive oil in a skillet over medium-high heat. Cook pork slices in oil until no longer pink in the center, about 2 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:114.55, Glycemic Load:18.69, Inflammation Score:-5, Nutrition Score:30.945651837017%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg
Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 463.76kcal (23.19%), Fat: 13.29g (20.45%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 36.75g (12.25%),
Net Carbohydrates: 35.21g (12.8%), Sugar: 28.11g (31.23%), Cholesterol: 110.56mg (36.85%), Sodium: 6695.06mg
(291.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.84g (95.68%), Vitamin B1: 1.76mg (117.09%),
Vitamin B3: 16.02mg (80.1%), Vitamin B6: 1.59mg (79.61%), Selenium: 53.99µg (77.13%), Phosphorus: 579.56mg
(57.96%), Manganese: 1.04mg (51.85%), Vitamin B2: 0.77mg (45.22%), Potassium: 994.16mg (28.4%), Iron: 4.85mg
(26.96%), Zinc: 3.81mg (25.39%), Magnesium: 99.51mg (24.88%), Vitamin B5: 1.93mg (19.26%), Copper: 0.34mg
(17.05%), Vitamin K: 16.88µg (16.08%), Vitamin B12: 0.88µg (14.74%), Vitamin C: 11.36mg (13.77%), Vitamin E: 1.49mg
(9.91%), Folate: 28.02µg (7%), Fiber: 1.54g (6.15%), Calcium: 52.97mg (5.3%), Vitamin D: 0.51µg (3.4%), Vitamin A:
79.29IU (1.59%)