



Ginger-Marinated Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



882 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup brown sugar packed
- ☐ 13.5 ounces chicken broth
- ☐ 3 tablespoons ginger fresh finely grated peeled
- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons catsup
- ☐ 1 tablespoon olive oil
- ☐ 0.8 pound pork tenderloin

☐ 0.3 cup soya sauce

Equipment

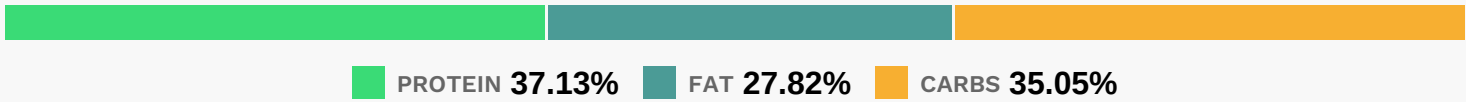
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Whisk together 2/3 cup broth, soy sauce, brown sugar, ketchup, ginger, garlic, and vinegar and pour into a large sealable plastic bag.
- ☐ Add tenderloin and seal bag, then marinate, chilled, turning bag over occasionally, 2 hours.
- ☐ Bring tenderloin to room temperature, about 1 hour.
- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Pat tenderloin dry and reserve marinade.
- ☐ Heat oil in a 12-inch ovenproof skillet over moderately high heat until hot but not smoking, then brown tenderloin on all sides, turning with tongs, about 3 minutes total.
- ☐ Transfer skillet to oven and roast pork until thermometer inserted diagonally into center of meat registers 155°F, 12 to 15 minutes.
- ☐ Transfer to a cutting board and let stand, loosely covered with foil, 10 minutes.
- ☐ While meat is roasting, pour marinade through a fine-mesh sieve into a small saucepan and boil until reduced to about 1/3 cup, 10 to 15 minutes. Stir in remaining cup broth and bring sauce to a simmer.
- ☐ Serve slices of tenderloin with sauce.

☐ Pork keeps, wrapped tightly in foil and chilled, 3 days.

Nutrition Facts



Properties

Glycemic Index:155, Glycemic Load:6.31, Inflammation Score:-8, Nutrition Score:45.406086838764%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 882.41kcal (44.12%), Fat: 27.3g (42%), Saturated Fat: 6.1g (38.15%), Carbohydrates: 77.38g (25.79%), Net Carbohydrates: 74.34g (27.03%), Sugar: 64.67g (71.85%), Cholesterol: 228.78mg (76.26%), Sodium: 5239.49mg (227.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 81.97g (163.94%), Vitamin B1: 3.51mg (233.82%), Selenium: 109.7µg (156.72%), Vitamin B6: 2.99mg (149.5%), Vitamin B3: 27.37mg (136.87%), Phosphorus: 983.37mg (98.34%), Vitamin B2: 1.55mg (91.23%), Potassium: 2229.98mg (63.71%), Zinc: 7.39mg (49.24%), Manganese: 0.91mg (45.64%), Iron: 7.24mg (40.23%), Magnesium: 157.19mg (39.3%), Copper: 0.72mg (35.9%), Vitamin E: 5.04mg (33.62%), Vitamin B5: 3.34mg (33.37%), Vitamin B12: 1.85µg (30.76%), Vitamin C: 14.37mg (17.42%), Vitamin A: 747.27IU (14.95%), Calcium: 134.36mg (13.44%), Vitamin K: 14.07µg (13.4%), Fiber: 3.04g (12.16%), Vitamin D: 1.02µg (6.8%), Folate: 19.33µg (4.83%)