



Glazed Herbed Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves crushed
- ☐ 2 tablespoons green onions chopped
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 teaspoon pepper

☐ 1.5 pound pork tenderloins

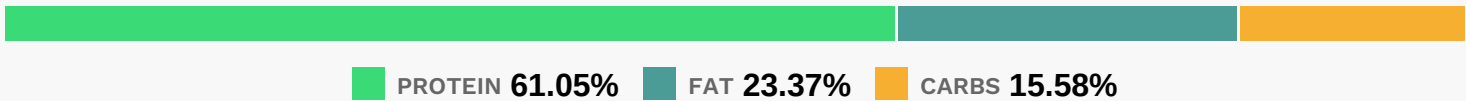
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Trim fat from pork.
- ☐ Place tenderloins in a large heavy-duty, zip-top plastic bag.
- ☐ Combine soy sauce and next 7 ingredients in a small bowl; stir well with a whisk.
- ☐ Pour soy sauce mixture over tenderloins. Seal bag, and marinate in refrigerator 8 hours, turning occasionally.
- ☐ Remove tenderloins from bag, reserving marinade.
- ☐ Place marinade in a saucepan; bring to a boil.
- ☐ Remove from heat. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place tenderloins on rack; grill, covered, 7 minutes. Turn pork, and baste with reserved marinade. Grill, covered, 7 additional minutes or until a meat thermometer inserted into thickest part of tenderloin registers 160.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:16.953478227491%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 168.34kcal (8.42%), Fat: 4.28g (6.59%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 5.48g (1.99%), Sugar: 4.11g (4.57%), Cholesterol: 73.71mg (24.57%), Sodium: 625.92mg (27.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.35%), Vitamin B1: 1.13mg (75.6%), Selenium: 36.38µg (51.97%), Vitamin B6: 0.92mg (46.11%), Vitamin B3: 7.77mg (38.84%), Phosphorus: 309.64mg (30.96%), Vitamin B2: 0.43mg (25.43%), Zinc: 2.33mg (15.54%), Potassium: 537.69mg (15.36%), Magnesium: 48.2mg (12.05%), Iron: 1.97mg (10.96%), Vitamin B5: 1.04mg (10.37%), Manganese: 0.2mg (10.11%), Vitamin B12: 0.59µg (9.83%), Vitamin K: 9.69µg (9.22%), Copper: 0.13mg (6.6%), Calcium: 39.55mg (3.95%), Fiber: 0.95g (3.79%), Vitamin E: 0.49mg (3.27%), Vitamin C: 2.6mg (3.15%), Folate: 10.46µg (2.62%), Vitamin D: 0.34µg (2.27%), Vitamin A: 96.36IU (1.93%)