



Grilled Hoisin Marinated Pork with Pineapple-Grilled Green Onion Relish

 **Gluten Free**  **Dairy Free**

READY IN

ready

260 min.

SERVINGS

servings

4

CALORIES

calories

329 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 3 cloves garlic coarsely chopped
- ☐ 0.3 cup hoisin sauce
- ☐ 2 pound pork tenderloin boneless
- ☐ 2 tablespoons rice wine vinegar
- ☐ 4 servings salt and freshly frond pepper
- ☐ 1 teaspoon sesame oil
- ☐ 2 tablespoons soya sauce

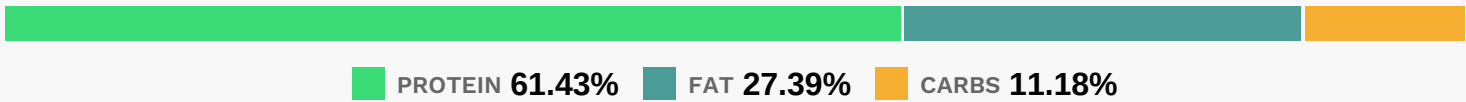
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill

Directions

- ☐ Combine hoisin, vinegar, soy, garlic and sesame oil in a small bowl.
- ☐ Place the tenderloin in a medium shallow baking dish, pour over the marinade and marinate in the refrigerator 3 to 4 hours or overnight, turning once. Preheat the grill.
- ☐ Remove the pork from the marinade, removing any excess. Season with salt and pepper and grill 10 to 12 minutes for medium doneness.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:27.630000194454%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 329kcal (16.45%), Fat: 9.61g (14.78%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 8.23g (2.99%), Sugar: 4.87g (5.41%), Cholesterol: 147.93mg (49.31%), Sodium: 1093.44mg (47.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.49g (96.98%), Vitamin B1: 2.24mg (149.18%), Selenium: 69.46µg (99.23%), Vitamin B6: 1.79mg (89.58%), Vitamin B3: 15.56mg (77.82%), Phosphorus: 573.11mg (57.31%), Vitamin B2: 0.82mg (48.1%), Zinc: 4.36mg (29.08%), Potassium: 940.06mg (26.86%), Vitamin B12: 1.18µg (19.66%), Vitamin B5: 1.96mg (19.57%), Magnesium: 69.61mg (17.4%), Iron: 2.63mg (14.61%), Copper: 0.24mg (12.17%), Manganese: 0.16mg (8.14%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.56mg (3.75%), Calcium: 25.58mg (2.56%), Fiber: 0.6g (2.4%), Folate: 5.64µg (1.41%)