



## Herb-Roasted Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon marjoram dried
- 1 teaspoon thyme leaves dried
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1 teaspoon onion powder
- 1 teaspoon pepper
- 1.5 pound pork tenderloins
- 1 teaspoon rubbed sage

- 1 teaspoon salt
- 0.3 cup soya sauce
- 0.3 cup vegetable oil
- 0.3 cup worcestershire sauce

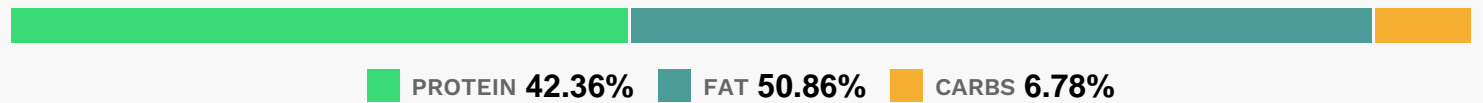
## Equipment

- oven
- roasting pan
- kitchen thermometer
- ziploc bags

## Directions

- Stir together first 11 ingredients in a shallow dish or heavy-duty zip-top plastic bag. Prick pork with a fork, and place in marinade, turning to coat. Cover or seal; let stand at room temperature 30 minutes, or chill 2 hours.
- Remove from marinade, discarding marinade.
- Place pork on a rack in a roasting pan.
- Bake at 350 for 40 minutes or until a meat thermometer inserted into thickest portion registers 160.

## Nutrition Facts



## Properties

Glycemic Index:6.5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:12.868261043144%

## Nutrients (% of daily need)

Calories: 177.23kcal (8.86%), Fat: 9.86g (15.17%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.67g (0.97%), Sugar: 1.02g (1.13%), Cholesterol: 55.28mg (18.43%), Sodium: 852.22mg (37.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.48g (36.95%), Vitamin B1: 0.85mg (56.63%), Selenium: 26.16µg (37.36%), Vitamin B6: 0.68mg (33.83%), Vitamin B3: 6.01mg (30.03%), Phosphorus: 224.72mg (22.47%), Vitamin B2: 0.31mg (18.29%), Vitamin K: 15.47µg (14.74%), Potassium: 433.32mg (12.38%), Zinc: 1.68mg (11.21%), Iron:

1.73mg (9.61%), Manganese: 0.18mg (9.09%), Vitamin B5: 0.75mg (7.48%), Vitamin B12: 0.44µg (7.37%), Magnesium: 28.89mg (7.22%), Copper: 0.11mg (5.61%), Vitamin E: 0.77mg (5.12%), Calcium: 21.39mg (2.14%), Vitamin D: 0.26µg (1.7%), Vitamin C: 1.25mg (1.52%), Fiber: 0.28g (1.14%)