



Hoisin and Bourbon-Glazed Pork Tenderloin

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons bourbon
- ☐ 0.5 teaspoon chile paste with garlic
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 0.3 cup hoisin sauce
- ☐ 2 pound pork tenderloins trimmed
- ☐ 1.5 teaspoons juice of lime fresh

- ☐ 2 tablespoons maple syrup
- ☐ 1 cup hickory wood chips
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons seasoned rice vinegar

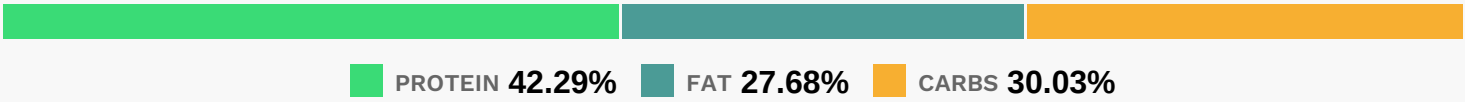
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Soak wood chips in water 30 minutes; drain well.
- ☐ Prepare grill.
- ☐ Combine hoisin sauce and next 7 ingredients (hoisin through garlic) in a small bowl; stir with a whisk.
- ☐ Slice pork lengthwise, cutting to, but not through, other side. Open halves, laying pork flat.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Add wood chips to grill.
- ☐ Place pork on grill rack coated with cooking spray; cook 5 minutes. Turn and baste pork with hoisin mixture; cook 5 minutes. Turn and baste pork with hoisin mixture; cook 5 minutes or until pork reaches 155 or desired degree of doneness.
- ☐ Let stand 5 minutes; cut pork into 1/2-inch slices.
- ☐ Follow steps 1 through 3 above.
- ☐ Sprinkle 6 (6-ounce) tuna steaks with 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper.
- ☐ Add wood chips to grill.
- ☐ Place tuna steaks on grill rack coated with cooking spray; cook 5 minutes. Turn and baste tuna with hoisin mixture; cook 5 minutes. Turn and baste tuna with hoisin mixture; cook 2 minutes or until tuna flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:6.17, Inflammation Score:-2, Nutrition Score:16.820869541201%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 250.32kcal (12.52%), Fat: 7.28g (11.2%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 16.08g (5.85%), Sugar: 6.18g (6.87%), Cholesterol: 74.05mg (24.68%), Sodium: 536.77mg (23.34%), Alcohol: 1.25g (100%), Alcohol %: 0.94% (100%), Protein: 25.03g (50.06%), Vitamin B1: 1.16mg (77.27%), Selenium: 35.37µg (50.52%), Vitamin B6: 0.95mg (47.4%), Vitamin B3: 8.39mg (41.97%), Phosphorus: 308.72mg (30.87%), Vitamin B2: 0.49mg (28.63%), Potassium: 611.67mg (17.48%), Zinc: 2.32mg (15.49%), Manganese: 0.25mg (12.74%), Vitamin B5: 1.13mg (11.33%), Magnesium: 40.37mg (10.09%), Vitamin B12: 0.58µg (9.64%), Iron: 1.65mg (9.17%), Fiber: 1.7g (6.82%), Copper: 0.13mg (6.58%), Vitamin C: 2.38mg (2.88%), Folate: 9.34µg (2.34%), Calcium: 19.26mg (1.93%), Vitamin E: 0.29mg (1.91%), Vitamin D: 0.23µg (1.51%)