



Hoisin-Glazed Tenderloin



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons green onions minced
- ☐ 2 tablespoons hoisin sauce
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce new york strip steaks trimmed (3/)

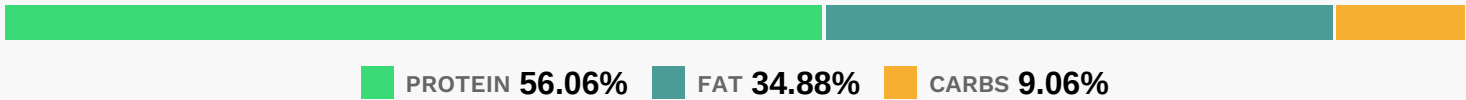
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Sprinkle the steaks with salt.
- ☐ Heat a large skillet coated with cooking spray over medium-high heat.
- ☐ Add steaks, and cook for 3 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan.
- ☐ Pour hoisin mixture into pan. Immediately return steaks to pan, and cook an additional 10 seconds, tossing well to coat.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:12.084782833638%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 188.06kcal (9.4%), Fat: 7.02g (10.81%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.74g (1.36%), Sugar: 2.27g (2.53%), Cholesterol: 72.81mg (24.27%), Sodium: 340mg (14.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.81%), Selenium: 34.88µg (49.83%), Vitamin B3: 7.4mg (36.99%), Vitamin B6: 0.72mg (36.22%), Zinc: 4.55mg (30.36%), Phosphorus: 242.76mg (24.28%), Vitamin B12: 1.05µg (17.58%), Potassium: 425.74mg (12.16%), Iron: 1.98mg (10.98%), Vitamin B2: 0.16mg (9.16%), Vitamin B5: 0.75mg (7.49%), Vitamin K: 7.76µg (7.39%), Magnesium: 29.09mg (7.27%), Vitamin B1: 0.09mg (5.85%), Copper: 0.1mg (5.15%), Folate: 18.59µg (4.65%), Calcium: 31.57mg (3.16%), Vitamin E: 0.44mg (2.93%), Manganese: 0.05mg (2.66%), Fiber: 0.37g (1.47%), Vitamin A: 67.52IU (1.35%), Vitamin C: 0.84mg (1.02%)