



Hoisin Pork Steak



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon hoisin sauce
- ☐ 3 tablespoons honey
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.3 cup rice wine vinegar
- ☐ 0.3 teaspoon salt

Equipment

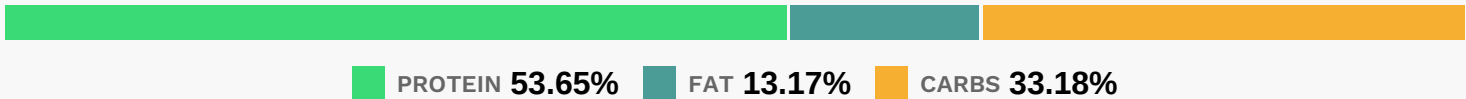
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Slice pork tenderloin lengthwise, cutting to, but not through, other side. Open halves, laying pork flat.
- ☐ Place plastic wrap over pork; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Cut pork crosswise into 4 steaks; sprinkle with salt.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork; cook 3 to 4 minutes on each side or until done.
- ☐ Transfer pork to a plate. Reduce heat to low.
- ☐ Combine vinegar and remaining ingredients in a small bowl, stirring with a whisk. Stir vinegar mixture into pan drippings; cook 1 minute. Return pork to skillet; remove from heat.
- ☐ Let stand 2 to 3 minutes or until thoroughly heated, turning often.
- ☐ Serve with: Sesame Bok Choy

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:6.77, Inflammation Score:-2, Nutrition Score:14.694348024609%

Nutrients (% of daily need)

Calories: 183.51kcal (9.18%), Fat: 2.61g (4.02%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 14.62g (5.32%), Sugar: 14.04g (15.6%), Cholesterol: 73.83mg (24.61%), Sodium: 273.24mg (11.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.95g (47.91%), Vitamin B1: 1.13mg (75.48%), Selenium: 35.23µg (50.33%), Vitamin B6: 0.89mg (44.5%), Vitamin B3: 7.66mg (38.3%), Phosphorus: 283.26mg (28.33%), Vitamin B2: 0.4mg (23.74%), Zinc: 2.2mg (14.65%), Potassium: 468.19mg (13.38%), Vitamin B5: 0.97mg (9.74%), Vitamin B12: 0.58µg (9.64%), Magnesium: 32.24mg (8.06%), Iron: 1.25mg (6.92%), Copper: 0.12mg (5.76%), Manganese: 0.05mg

(2.55%), Vitamin E: 0.31mg (2.06%), Vitamin D: 0.23μg (1.51%)