



Hoisin Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons green onions sliced
- ☐ 0.3 cup hoisin sauce
- ☐ 1 pound pork tenderloin trimmed
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon rice wine vinegar
- ☐ 1 tablespoon sesame seed

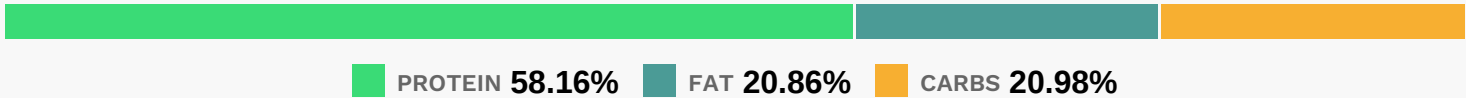
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Combine first 5 ingredients in a large zip-top plastic bag; add pork to bag. Seal and marinate in refrigerator 2 hours, turning bag once.
- ☐ Preheat oven to 425
- ☐ Remove pork from bag, reserving marinade.
- ☐ Place pork on the rack of a broiler pan or roasting pan coated with cooking spray; place rack in pan.
- ☐ Bake at 425 for 15 minutes.
- ☐ Sprinkle pork with sesame seeds; bake an additional 5 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Place pork on a cutting board; let stand 10 minutes.
- ☐ Cut into 1/2-inch-thick slices.
- ☐ Pour reserved marinade into a small saucepan; bring to a boil. Cook until reduced to 1/3 cup (about 2 minutes); serve with pork.
- ☐ Cut the pork into small bite-sized pieces or shred it.
- ☐ Serve it on a rimmed plate with other prepared side dishes.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:16.894347854283%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 181.35kcal (9.07%), Fat: 4.07g (6.27%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 8.33g (3.03%), Sugar: 4.82g (5.36%), Cholesterol: 74.22mg (24.74%), Sodium: 627.57mg (27.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.11%), Vitamin B1: 1.16mg (77.07%), Selenium: 36.22µg (51.74%), Vitamin B6: 0.94mg (47.04%), Vitamin B3: 7.99mg (39.94%), Phosphorus: 316.05mg (31.6%), Vitamin B2: 0.45mg (26.67%), Zinc: 2.45mg (16.31%), Potassium: 524.81mg (14.99%), Magnesium: 48.3mg (12.07%), Copper: 0.22mg (10.84%), Vitamin B5: 1.01mg (10.09%), Iron: 1.75mg (9.75%), Vitamin B12: 0.58µg (9.64%), Manganese: 0.18mg (8.79%), Vitamin K: 6.32µg (6.02%), Calcium: 38.18mg (3.82%), Fiber: 0.88g (3.53%), Folate: 11.38µg (2.84%), Vitamin E: 0.35mg (2.35%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.1mg (1.33%)