



 **38%**
HEALTH SCORE

Hoisin Pork Tenderloin with Asian Carrot Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli slaw
- 2 cups carrots
- 6 spring onion thinly sliced
- 0.3 cup hoisin sauce
- 2 pound pork tenderloins trimmed
- 0.3 cup salad dressing chinese
- 1 tablespoon soya sauce

Equipment

- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Preheat oven to 450°F.
- Place rack in 13x9x2-inch baking pan.
- Add enough water to reach depth of 1/4 inch (it should not touch rack). Stir hoisin and soy sauce in small bowl; brush thickly all over pork. Arrange pork on rack in pan.
- Pour any remaining sauce over.
- Roast pork until thermometer inserted into center registers 145°F, about 30 minutes.
- Transfer pork to cutting board. Cover loosely with foil; let rest 10 minutes (internal temperature will rise slightly).
- Meanwhile, toss carrots and all remaining ingredients in large bowl.
- Thinly slice pork on slight diagonal. Arrange on platter.
- Drizzle with any juices from board.
- Serve with carrot salad.
- * Available in the Asian foods section of many supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:29.429999890535%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 250.32kcal (12.52%), Fat: 6.06g (9.32%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 12.09g (4.39%), Sugar: 7.58g (8.42%), Cholesterol: 98.74mg (32.91%), Sodium: 628.89mg (27.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.71g (67.43%), Vitamin A: 7327.31IU (146.55%), Vitamin B1: 1.56mg (104.02%), Selenium: 47.74µg (68.2%), Vitamin B6: 1.29mg (64.63%), Vitamin B3: 11.02mg (55.09%), Phosphorus: 416.44mg (41.64%), Vitamin B2: 0.61mg (35.97%), Vitamin K: 36.03µg (34.32%), Vitamin C: 22.43mg (27.18%), Potassium: 866.91mg (24.77%), Zinc: 3.15mg (21.01%), Vitamin B5: 1.53mg (15.27%), Magnesium: 58.41mg (14.6%), Vitamin B12: 0.77µg (12.85%), Iron: 2.2mg (12.25%), Manganese: 0.2mg (10.14%), Copper: 0.2mg (9.96%), Folate: 33.21µg (8.3%), Fiber: 1.96g (7.83%), Vitamin E: 0.94mg (6.25%), Calcium: 46.08mg (4.61%), Vitamin D: 0.3µg (2.02%)