



## Honey-Garlic Pork Tenderloin

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

READY IN



45 min.

SERVINGS



2

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 tablespoons chicken broth dry
- 3 garlic cloves pressed
- 6 tablespoons honey
- 6 tablespoons juice of lemon
- 0.8 pound pork tenderloin
- 2.5 tablespoons soya sauce

### Equipment

- grill

kitchen thermometer

ziploc bags

## Directions

Stir together first 5 ingredients in a shallow dish or heavy-duty zip-top plastic bag; remove 1/2 cup mixture, and set aside. Prick pork several times with a fork, and place in remaining mixture. Cover or seal, and chill 1 hour.

Remove pork, discarding marinade.

Grill, covered with grill lid, over medium heat (300 to 35

to 13 minutes on each side or until a meat thermometer inserted into thickest portion registers 160, basting with reserved 1/2 cup mixture.

NOTE: To serve 4, double all ingredients, and proceed as directed.

## Nutrition Facts



**PROTEIN 34.75%** **FAT 12.65%** **CARBS 52.6%**

## Properties

Glycemic Index:48.64, Glycemic Load:27.65, Inflammation Score:-3, Nutrition Score:24.49826075493%

## Flavonoids

Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 426.42kcal (21.32%), Fat: 6.18g (9.51%), Saturated Fat: 2.03g (12.72%), Carbohydrates: 57.81g (19.27%), Net Carbohydrates: 57.27g (20.83%), Sugar: 53.33g (59.26%), Cholesterol: 110.79mg (36.93%), Sodium: 1390.77mg (60.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.19g (76.39%), Vitamin B1: 1.71mg (113.72%), Selenium: 52.95µg (75.65%), Vitamin B6: 1.44mg (71.89%), Vitamin B3: 12.31mg (61.53%), Phosphorus: 456.04mg (45.6%), Vitamin B2: 0.65mg (38.22%), Zinc: 3.5mg (23.32%), Potassium: 815.36mg (23.3%), Vitamin C: 19.13mg (23.19%), Vitamin B5: 1.64mg (16.38%), Magnesium: 60.12mg (15.03%), Vitamin B12: 0.89µg (14.78%), Iron: 2.57mg (14.28%), Manganese: 0.27mg (13.62%), Copper: 0.23mg (11.34%), Folate: 14.44µg (3.61%), Vitamin D: 0.51µg (3.4%), Vitamin E: 0.45mg (3%), Calcium: 29.78mg (2.98%), Fiber: 0.54g (2.14%)