



Honey Glazed Pork Tenderloin

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

READY IN



75 min.

SERVINGS



6

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon brown sugar
- 0.3 cup honey
- 1.5 pound pork tenderloin
- 2 tablespoons sesame oil
- 2 tablespoons soya sauce

Equipment

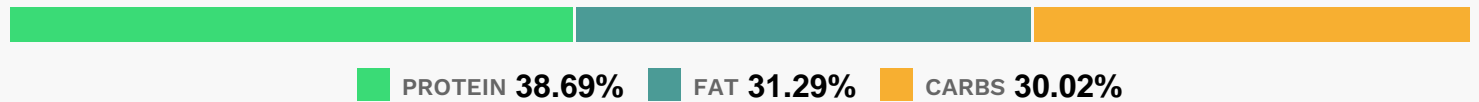
- bowl

- oven
- roasting pan

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- In a bowl, mix the honey, soy sauce, brown sugar, sesame oil, and balsamic vinegar.
- Place the pork tenderloins in a roasting pan, and roast 15 minutes in the preheated oven.
- Remove pork from oven, and baste with the honey sauce. Reduce oven temperature to 350 degrees F (175 degrees C), and continue roasting pork 45 minutes, basting occasionally with the honey sauce, to an internal temperature of 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:19.55, Glycemic Load:8.59, Inflammation Score:-1, Nutrition Score:14.757391556612%

Nutrients (% of daily need)

Calories: 250.48kcal (12.52%), Fat: 8.68g (13.35%), Saturated Fat: 2g (12.52%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 18.64g (6.78%), Sugar: 18.3g (20.34%), Cholesterol: 73.71mg (24.57%), Sodium: 396.67mg (17.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.26%), Vitamin B1: 1.12mg (74.47%), Selenium: 34.58µg (49.4%), Vitamin B6: 0.88mg (44.24%), Vitamin B3: 7.76mg (38.79%), Phosphorus: 285.2mg (28.52%), Vitamin B2: 0.4mg (23.44%), Zinc: 2.19mg (14.62%), Potassium: 476.8mg (13.62%), Vitamin B5: 0.99mg (9.87%), Vitamin B12: 0.59µg (9.83%), Magnesium: 34.21mg (8.55%), Iron: 1.37mg (7.64%), Copper: 0.12mg (5.91%), Manganese: 0.07mg (3.46%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.31mg (2.1%), Calcium: 12.23mg (1.22%)