



Honey Glazed Pork Tenderloin

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons butter
- ☐ 0.3 cup flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.3 cup honey
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 pound pork tenderloins
- ☐ 2 pound pork tenderloins
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sesame oil
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons soya sauce
- ☐ 2 cups apple sauce unsweetened

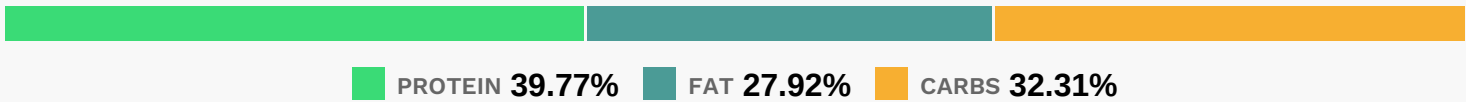
Equipment

- ☐ 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:56.17, Glycemic Load:13.58, Inflammation Score:-6, Nutrition Score:32.681739003762%

Flavonoids

Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 4.89mg, Epicatechin: 4.89mg, Epicatechin: 4.89mg, Epicatechin: 4.89mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 582.68kcal (29.13%), Fat: 17.98g (27.67%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 46.84g (15.61%), Net Carbohydrates: 45.04g (16.38%), Sugar: 37.15g (41.28%), Cholesterol: 171.99mg (57.33%), Sodium: 1259.04mg (54.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.65g (115.29%), Vitamin B1: 2.7mg (179.96%), Selenium: 83.5µg (119.28%), Vitamin B6: 2.13mg (106.58%), Vitamin B3: 18.68mg (93.42%), Phosphorus: 687.95mg (68.8%), Vitamin B2: 0.99mg (58.42%), Potassium: 1229.1mg (35.12%), Zinc: 5.2mg (34.66%), Vitamin B5: 2.41mg (24.13%), Vitamin B12: 1.38µg (23.01%), Magnesium: 87.79mg (21.95%), Iron: 3.77mg (20.96%), Manganese: 0.34mg (16.99%), Copper: 0.32mg (15.92%), Fiber: 1.8g (7.18%), Vitamin E: 0.93mg (6.23%), Folate: 23.64µg (5.91%), Vitamin D: 0.79µg (5.29%), Calcium: 45.46mg (4.55%), Vitamin A: 197.45IU (3.95%), Vitamin C: 3.14mg (3.81%), Vitamin K: 1.45µg (1.38%)