



Honey-Hoisin Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic clove minced
- ☐ 2 tablespoons spring onion sliced
- ☐ 2 tablespoons hoisin sauce
- ☐ 1 pound pork tenderloins trimmed
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 2 tablespoons sage
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sesame seed

☐ 1 tablespoon water hot

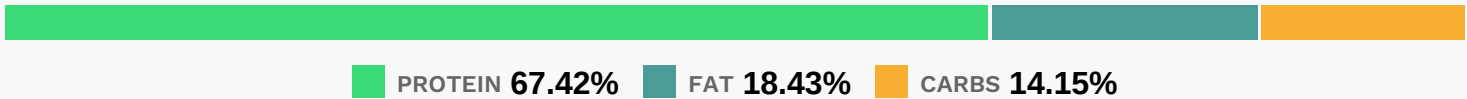
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 6 ingredients in a small bowl.
- ☐ Pour 1/4 cup honey mixture into a large zip-top plastic bag; reserve remaining honey mixture.
- ☐ Add pork to bag; seal and marinate in refrigerator 30 minutes, turning bag occasionally.
- ☐ Remove pork from bag; discard marinade.
- ☐ Sprinkle pork with salt.
- ☐ Heat a large ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork; cook 2 minutes, browning on all sides.
- ☐ Brush 1 tablespoon reserved honey mixture over pork; sprinkle with sesame seeds.
- ☐ Place skillet in oven.
- ☐ Bake at 400 for 20 minutes or until a thermometer registers 160 (slightly pink) or until desired degree of doneness.
- ☐ Place pork on a platter; let stand 5 minutes.
- ☐ Cut pork across the grain into thin slices.
- ☐ Drizzle with the remaining honey mixture.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:20.833043554555%

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: 154.75kcal (7.74%), Fat: 3.04g (4.68%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.63g (1.68%), Sugar: 2.31g (2.57%), Cholesterol: 73.95mg (24.65%), Sodium: 624.14mg (27.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.07g (50.13%), Copper: 9.23mg (461.4%), Vitamin B1: 1.15mg (76.72%), Selenium: 35.43µg (50.61%), Vitamin B6: 0.92mg (46.06%), Vitamin B3: 7.8mg (39.01%), Phosphorus: 302.5mg (30.25%), Vitamin B2: 0.43mg (25.46%), Manganese: 0.41mg (20.31%), Zinc: 2.34mg (15.58%), Potassium: 518.42mg (14.81%), Magnesium: 45.05mg (11.26%), Vitamin B5: 1mg (10.02%), Iron: 1.74mg (9.68%), Vitamin B12: 0.58µg (9.64%), Vitamin K: 6.28µg (5.98%), Calcium: 37.81mg (3.78%), Fiber: 0.63g (2.54%), Vitamin E: 0.32mg (2.15%), Folate: 7.57µg (1.89%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.06mg (1.29%)