



Honey-Orange Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons canola oil
- 3 tablespoons cider vinegar
- 1.5 tablespoons garlic fresh minced
- 1.5 teaspoons honey
- 0.3 teaspoon kosher salt
- 1 pound pork tenderloin trimmed
- 3 tablespoons lower-sodium soy sauce

0.3 cup orange marmalade

Equipment

frying pan

oven

whisk

kitchen thermometer

Directions

Preheat oven to 350

Combine first 5 ingredients, stirring well with a whisk. Reserve 2 tablespoons marmalade mixture.

Heat an ovenproof skillet over medium-high heat.

Add oil; swirl to coat.

Sprinkle pork with salt and pepper.

Add pork to pan; cook 5 minutes or until browned. Turn pork over; brush with 1/4 cup marmalade mixture.

Bake at 350 for 10 minutes. Turn pork over; brush with 1/4 cup marmalade mixture.

Bake an additional 10 minutes or until a thermometer registers 150

Remove pork from pan; brush with reserved 2 tablespoons marmalade mixture.

Let stand 10 minutes; slice.

Nutrition Facts



Properties

Glycemic Index:38.57, Glycemic Load:1.48, Inflammation Score:-2, Nutrition Score:16.544347835624%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg,

Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 273.36kcal (13.67%), Fat: 9.52g (14.65%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 21.37g (7.77%), Sugar: 18.29g (20.32%), Cholesterol: 73.71mg (24.57%), Sodium: 653.6mg (28.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.3%), Vitamin B1: 1.14mg (76.27%), Selenium: 35.62µg (50.88%), Vitamin B6: 0.94mg (47.2%), Vitamin B3: 7.76mg (38.79%), Phosphorus: 307.07mg (30.71%), Vitamin B2: 0.43mg (25.18%), Zinc: 2.3mg (15.31%), Potassium: 529.53mg (15.13%), Magnesium: 41.23mg (10.31%), Vitamin E: 1.54mg (10.3%), Vitamin B5: 1.02mg (10.25%), Vitamin B12: 0.58µg (9.64%), Manganese: 0.19mg (9.29%), Iron: 1.42mg (7.91%), Copper: 0.15mg (7.31%), Vitamin K: 5.45µg (5.19%), Vitamin C: 2.23mg (2.7%), Calcium: 26.98mg (2.7%), Folate: 7.86µg (1.97%), Fiber: 0.4g (1.61%), Vitamin D: 0.23µg (1.51%)