



Honey-Soy Glazed Pork Tenderloin

 Dairy Free

READY IN



395 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp asian sesame dressing toasted kraft
- 1 Tbsp garlic minced
- 1 Tbsp gingerroot grated
- 2 Tbsp honey
- 1 lb pork tenderloin
- 2 Tbsp soya sauce

Equipment

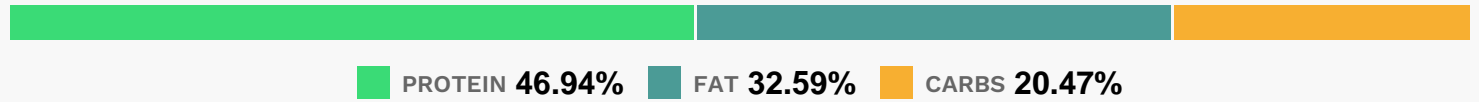
- frying pan

oven

Directions

- Mix all ingredients except meat; pour over meat in shallow dish. Turn to evenly coat meat. Refrigerate 6 hours to marinate.
- Heat oven to 400F.
- Remove meat from marinade; place in shallow pan. Discard marinade.
- Bake 25 to 30 min. or until done (145F).
- Let stand 3 min.

Nutrition Facts



Properties

Glycemic Index:28.07, Glycemic Load:4.8, Inflammation Score:-2, Nutrition Score:15.464782540565%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 213.22kcal (10.66%), Fat: 7.65g (11.77%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.56g (3.84%), Sugar: 9.49g (10.54%), Cholesterol: 73.71mg (24.57%), Sodium: 642.69mg (27.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.6%), Vitamin B1: 1.12mg (74.89%), Selenium: 34.94µg (49.91%), Vitamin B6: 0.92mg (45.78%), Vitamin B3: 7.89mg (39.46%), Phosphorus: 294.29mg (29.43%), Vitamin B2: 0.4mg (23.68%), Zinc: 2.22mg (14.8%), Potassium: 498.04mg (14.23%), Vitamin B5: 1.01mg (10.06%), Vitamin B12: 0.59µg (9.83%), Magnesium: 35.68mg (8.92%), Iron: 1.45mg (8.06%), Copper: 0.13mg (6.34%), Manganese: 0.11mg (5.33%), Vitamin E: 0.66mg (4.37%), Vitamin K: 4.52µg (4.3%), Vitamin D: 0.34µg (2.27%), Calcium: 14.65mg (1.47%)