



Honeyed Pork Tenderloin with Avocado-Peach Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup honey
- ☐ 1 pound pork tenderloin
- ☐ 4 servings avocado-peach salsa
- ☐ 1 tablespoon sesame oil

- ☐ 4.5 tablespoons sesame seed
- ☐ 0.5 cup soya sauce
- ☐ 2 teaspoons teriyaki sauce

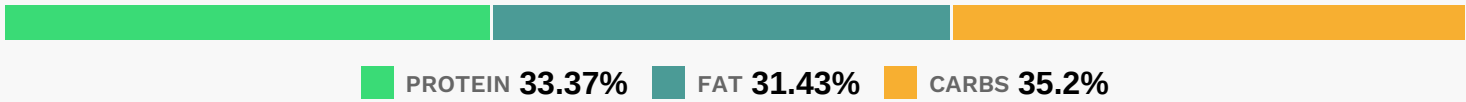
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in large shallow dish or heavy-duty zip-top plastic bag; add pork. Cover or seal, and chill 6 to 8 hours.
- ☐ Remove pork from marinade, discarding marinade.
- ☐ Stir together honey and brown sugar.
- ☐ Brush pork with honey mixture; sprinkle with sesame seeds.
- ☐ Place on a lightly greased rack in a roasting pan.
- ☐ Bake at 400 for 25 to 30 minutes or until meat thermometer inserted into thickest portion reaches 16
- ☐ Cut into slices; serve with Avocado-Peach Salsa.

Nutrition Facts



Properties

Glycemic Index:33.07, Glycemic Load:9.82, Inflammation Score:-5, Nutrition Score:21.854347913162%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 338.58kcal (16.93%), Fat: 12.09g (18.6%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 28.45g (10.35%), Sugar: 25.33g (28.15%), Cholesterol: 73.71mg (24.57%), Sodium: 1987.12mg (86.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.88g (57.76%), Vitamin B1: 1.22mg (81.14%), Selenium: 38.74µg (55.34%), Vitamin B6: 1.08mg (54.23%), Vitamin B3: 9.53mg (47.64%), Phosphorus: 388.13mg (38.81%), Manganese: 0.63mg (31.53%), Vitamin B2: 0.47mg (27.7%), Copper: 0.55mg (27.4%), Magnesium: 82.52mg (20.63%), Zinc: 3.09mg (20.62%), Iron: 3.53mg (19.62%), Potassium: 668.97mg (19.11%), Calcium: 119.47mg (11.95%), Vitamin B5: 1.17mg (11.66%), Vitamin B12: 0.59µg (9.83%), Fiber: 2.02g (8.07%), Vitamin E: 0.71mg (4.75%), Folate: 16.02µg (4.01%), Vitamin A: 156.96IU (3.14%), Vitamin D: 0.34µg (2.27%), Vitamin K: 1.85µg (1.76%), Vitamin C: 1.19mg (1.44%)