



Indonesian Pork Tenderloin



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons creamy peanut butter reduced-fat
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.3 cup pineapple preserves
- ☐ 1 pound pork tenderloin
- ☐ 1 teaspoon pepper dried red crushed

Equipment

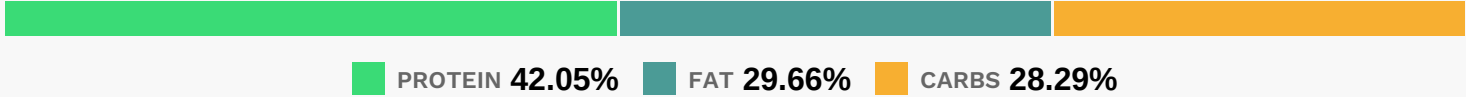
- ☐ oven

- ☐roasting pan
- ☐kitchen thermometer

Directions

- ☐Trim fat from tenderloin.
- ☐Combine soy sauce and next 3 ingredients, stirring well.
- ☐Spread soy sauce mixture over tenderloin.
- ☐Place on a rack in a roasting pan coated with cooking spray. Insert meat thermometer into thickest part of tenderloin, if desired.
- ☐Bake, uncovered, at 375 for 30 minutes.
- ☐Brush tenderloin with preserves.
- ☐Bake 10 additional minutes or until meat thermometer registers 160, basting often with preserves.
- ☐Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:8.26, Inflammation Score:-3, Nutrition Score:17.154782453309%

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: 251.12kcal (12.56%), Fat: 8.21g (12.63%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 16.74g (6.09%), Sugar: 11.24g (12.49%), Cholesterol: 73.71mg (24.57%), Sodium: 396.54mg (17.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.18g (52.36%), Vitamin B1: 1.14mg (75.7%), Selenium: 35.47µg (50.67%), Vitamin B6: 0.95mg (47.46%), Vitamin B3: 8.73mg (43.63%), Phosphorus: 323.79mg (32.38%), Vitamin B2: 0.44mg (25.83%), Zinc: 2.44mg (16.26%), Potassium: 551.06mg (15.74%), Magnesium: 51.63mg (12.91%), Vitamin B5: 1.08mg (10.77%), Manganese: 0.21mg (10.46%), Vitamin B12: 0.59µg (9.83%), Iron: 1.56mg (8.68%), Copper: 0.17mg (8.46%), Vitamin E: 1.23mg (8.19%), Fiber: 0.88g (3.52%), Folate: 12.92µg (3.23%), Vitamin A: 150.65IU (3.01%), Vitamin C: 2.34mg (2.84%), Vitamin D: 0.34µg (2.27%), Calcium: 21.74mg (2.17%)