



## Marinated Pork Strips

 Gluten Free  Dairy Free

READY IN



235 min.

SERVINGS



8

CALORIES



155 kcal

SIDE DISH

### Ingredients

- 2 cloves garlic minced
- 2 teaspoons ground ginger
- 2 tablespoons onion minced
- 1 pound pork tenderloin
- 0.3 cup sesame seed
- 0.5 cup soya sauce
- 2 tablespoons vegetable oil
- 3 tablespoons sugar white

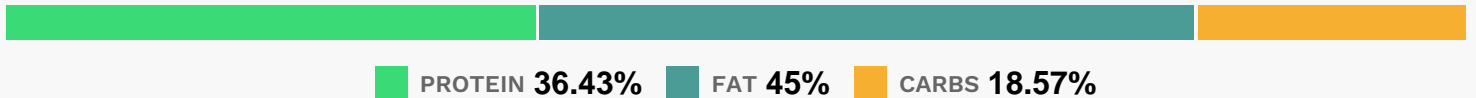
## Equipment

- bowl
- oven
- baking pan

## Directions

- In a medium dish or bowl, mix together soy sauce, sugar, onion, garlic, ginger, sesame seeds, and oil.
- Add pork, and turn to coat. Cover, and refrigerate for 3 hours, turning and basting often.
- Preheat oven to 375 degrees F (190 degrees C).
- Remove pork from marinade, reserving marinade, and transfer to a lightly greased 9x13 inch baking dish.
- Bake for 45 minutes.
- Cut into 1/4 inch thick slices.
- While the meat is roasting, boil reserved marinade for 3 to 5 minutes.
- Serve with pork strips.

## Nutrition Facts



## Properties

Glycemic Index:22.14, Glycemic Load:3.56, Inflammation Score:-2, Nutrition Score:10.87521734607%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 154.77kcal (7.74%), Fat: 7.79g (11.98%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 6.43g (2.34%), Sugar: 4.88g (5.42%), Cholesterol: 36.85mg (12.28%), Sodium: 840.38mg (36.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.37%), Vitamin B1: 0.61mg (40.35%), Selenium: 19.33µg

(27.62%), Vitamin B6: 0.52mg (25.76%), Vitamin B3: 4.59mg (22.94%), Manganese: 0.38mg (18.9%), Phosphorus: 188.83mg (18.88%), Vitamin B2: 0.23mg (13.41%), Copper: 0.27mg (13.37%), Zinc: 1.52mg (10.12%), Magnesium: 39.07mg (9.77%), Iron: 1.7mg (9.43%), Potassium: 288.85mg (8.25%), Vitamin K: 6.28µg (5.98%), Calcium: 54.55mg (5.46%), Vitamin B5: 0.54mg (5.41%), Vitamin B12: 0.29µg (4.91%), Fiber: 0.8g (3.19%), Vitamin E: 0.42mg (2.77%), Folate: 7.72µg (1.93%), Vitamin D: 0.17µg (1.13%)