



Orange Glazed Pork Tenderloin

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter melted
- 1 clove garlic crushed peeled
- 2 tablespoons honey
- 1 cup orange juice
- 2 tablespoons orange marmalade
- 1.5 pound pork tenderloins
- 0.3 cup soya sauce
- 0.5 cup white wine

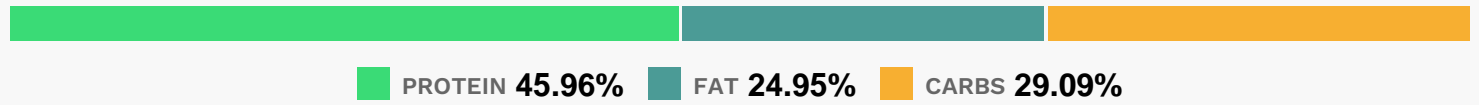
Equipment

- oven
- kitchen thermometer
- ziploc bags

Directions

- Place tenderloins in large resealable plastic bag. Blend together remaining ingredients; pork over pork and seal bag. Marinate in refrigerator for 2 to 24 hours.
- Preheat oven to 425 degrees F.
- Remove pork from marinade and discard marinade. Roast pork for about 20 minutes, or until internal temperature as measured with an instant-read thermometer reaches 155–160 degrees F. Slice to serve.

Nutrition Facts



Properties

Glycemic Index:35.71, Glycemic Load:5.39, Inflammation Score:-4, Nutrition Score:17.012608962215%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 232.03kcal (11.6%), Fat: 5.99g (9.22%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 15.48g (5.63%), Sugar: 13.58g (15.09%), Cholesterol: 78.73mg (26.24%), Sodium: 619.46mg (26.93%), Alcohol: 2.06g (100%), Alcohol %: 1.3% (100%), Protein: 24.83g (49.66%), Vitamin B1: 1.16mg (77.26%), Selenium: 34.69µg (49.56%), Vitamin B6: 0.92mg (46.13%), Vitamin B3: 8.08mg (40.4%), Phosphorus: 300.62mg (30.06%), Vitamin C: 21.18mg (25.67%), Vitamin B2: 0.42mg (24.58%), Potassium: 571.69mg (16.33%), Zinc: 2.23mg (14.88%), Vitamin B5: 1.08mg (10.84%), Magnesium: 41.48mg (10.37%), Vitamin B12: 0.59µg (9.89%), Iron: 1.52mg

(8.42%), Copper: 0.14mg (7.15%), Manganese: 0.11mg (5.43%), Folate: 15.16µg (3.79%), Vitamin A: 147.42IU (2.95%),
Vitamin D: 0.34µg (2.27%), Vitamin E: 0.32mg (2.16%), Calcium: 19.5mg (1.95%)