



Orange Marinated Pork Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons rosemary fresh chopped
- 3 teaspoons garlic minced
- 1 cup orange juice
- 1.5 pound pork tenderloins whole
- 4 servings salt and pepper black freshly ground to taste
- 0.3 cup soya sauce

Equipment

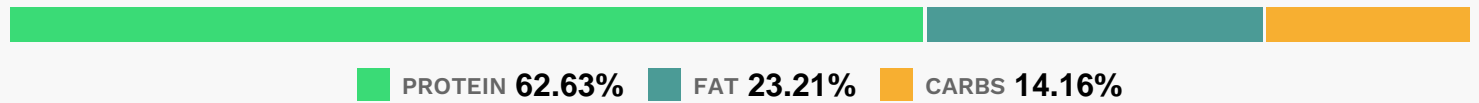
- baking sheet

- sauce pan
- oven
- whisk

Directions

- Make the orange marinade by whisking together the orange juice, soy sauce, rosemary, and garlic.
- Pour over pork tenderloin and marinate for at least one hour, preferably overnight.
- Preheat oven to 400 degrees F (205 degrees C).
- Drain pork, reserving the marinade, and place on a baking sheet. Season with salt and pepper to taste. Roast for about 20 minutes until internal temperature has reached 145 degrees F (63 degrees C).
- Meanwhile, strain the reserved marinade and bring it to a simmer in a small saucepan.
- Serve this as a sauce for the meat.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:3.65, Inflammation Score:-6, Nutrition Score:24.912608654603%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.58mg, Naringenin: 1.58mg, Naringenin: 1.58mg, Naringenin: 1.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 248.53kcal (12.43%), Fat: 6.22g (9.57%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 8.05g (2.93%), Sugar: 5.56g (6.18%), Cholesterol: 110.56mg (36.85%), Sodium: 1169.69mg (50.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.78g (75.56%), Vitamin B1: 1.74mg (116.17%), Selenium: 52.08µg (74.4%), Vitamin B6: 1.4mg (69.81%), Vitamin B3: 12.28mg (61.41%), Phosphorus: 453.27mg (45.33%), Vitamin C: 31.92mg (38.69%), Vitamin B2: 0.63mg (36.79%), Potassium: 850.5mg (24.3%), Zinc: 3.33mg

(22.21%), Vitamin B5: 1.64mg (16.37%), Magnesium: 62.12mg (15.53%), Vitamin B12: 0.88µg (14.74%), Iron: 2.35mg (13.05%), Copper: 0.22mg (10.79%), Manganese: 0.19mg (9.45%), Folate: 23.25µg (5.81%), Vitamin D: 0.51µg (3.4%), Vitamin A: 157.39IU (3.15%), Calcium: 28.58mg (2.86%), Vitamin E: 0.4mg (2.68%), Fiber: 0.49g (1.97%)