



WHATSheATE



Pan-Grilled Ginger-Honey Pork Tenderloin



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 3 tablespoons honey
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon lower-sodium soy sauce

Equipment

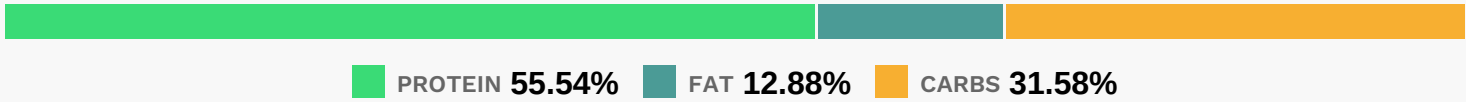
- ☐ bowl
- ☐ whisk

- ☐ kitchen thermometer
- ☐ grill pan

Directions

- ☐ Combine ginger, honey, juice, and soy sauce in a bowl, stirring with a whisk until smooth.
- ☐ Heat a grill pan over medium-high heat, and coat with cooking spray.
- ☐ Sprinkle pork with 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper.
- ☐ Add pork to grill pan; cook 15 minutes or until a thermometer registers 145 or until desired degree of doneness, basting frequently with sauce.
- ☐ Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:16.82, Glycemic Load:6.81, Inflammation Score:-2, Nutrition Score:14.8199999999326%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 175.99kcal (8.8%), Fat: 2.49g (3.84%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 13.67g (4.97%), Sugar: 13.07g (14.53%), Cholesterol: 73.71mg (24.57%), Sodium: 205mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.42%), Vitamin B1: 1.13mg (75.64%), Selenium: 35.09µg (50.13%), Vitamin B6: 0.9mg (44.79%), Vitamin B3: 7.66mg (38.3%), Phosphorus: 288.26mg (28.83%), Vitamin B2: 0.4mg (23.8%), Zinc: 2.22mg (14.78%), Potassium: 485.85mg (13.88%), Vitamin B5: 0.99mg (9.91%), Vitamin B12: 0.58µg (9.64%), Magnesium: 34.67mg (8.67%), Iron: 1.25mg (6.92%), Copper: 0.11mg (5.71%), Manganese: 0.05mg (2.55%), Vitamin C: 1.62mg (1.96%), Vitamin E: 0.28mg (1.84%), Vitamin D: 0.23µg (1.51%)