



Peppercorn-Crusted Pork Tenderloin with Soy-Caramel Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black crushed
- ☐ 2 tablespoons butter
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 pound pork tenderloins trimmed

- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 cup water
- ☐ 0.3 cup onion white minced

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Heat a small saucepan over medium heat. Coat pan with cooking spray.
- ☐ Add onion, ginger, and garlic; saut 2 minutes.
- ☐ Add water and sugar; bring to a boil. Cook until reduced to 1/2 cup (about 5 minutes).
- ☐ Remove from heat; carefully stir in soy sauce, vinegar, and mustard.
- ☐ Add butter, stirring with a whisk. Set aside; keep warm.
- ☐ Preheat oven to 35
- ☐ Rub tenderloins evenly with crushed peppercorns, thyme, and salt.
- ☐ Heat a large ovenproof nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add tenderloins, browning on all sides (about 5 minutes).
- ☐ Bake at 350 for 23 minutes or until a thermometer registers 160 (slightly pink); let stand 10 minutes.
- ☐ Cut each tenderloin into 12 slices; serve with sauce.

Nutrition Facts



 **PROTEIN 48%**  **FAT 23.74%**  **CARBS 28.26%**

Properties

Glycemic Index:37.64, Glycemic Load:9.08, Inflammation Score:-5, Nutrition Score:16.023478228113%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 209.48kcal (10.47%), Fat: 5.45g (8.39%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 14.04g (5.1%), Sugar: 12.76g (14.18%), Cholesterol: 81.23mg (27.08%), Sodium: 455.01mg (19.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.61%), Vitamin B1: 1.14mg (76.15%), Selenium: 35.59µg (50.84%), Vitamin B6: 0.92mg (45.76%), Vitamin B3: 7.71mg (38.56%), Phosphorus: 300.53mg (30.05%), Vitamin B2: 0.42mg (24.55%), Zinc: 2.26mg (15.07%), Potassium: 514.72mg (14.71%), Manganese: 0.24mg (12.13%), Vitamin B5: 1.02mg (10.22%), Magnesium: 40.62mg (10.15%), Vitamin B12: 0.58µg (9.74%), Iron: 1.47mg (8.17%), Copper: 0.14mg (6.81%), Vitamin E: 0.38mg (2.55%), Fiber: 0.57g (2.28%), Vitamin A: 112.95IU (2.26%), Vitamin K: 2.34µg (2.23%), Calcium: 20.38mg (2.04%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.24mg (1.5%), Folate: 5.06µg (1.26%)