



## Pork Tenderloin

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

READY IN



**130 min.**

SERVINGS



**6**

CALORIES



**370 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup soya sauce
- 1 garlic clove minced
- 0.5 teaspoon pepper
- 0.5 cup sugar
- 3 tablespoons onion powder grated (or)
- 1 tablespoon vinegar
- 0.5 teaspoon lawry's seasoned salt
- 1 tablespoon brown sugar

- 2 tablespoons water
- 2 lbs pork tenderloin
- 6 slices bacon

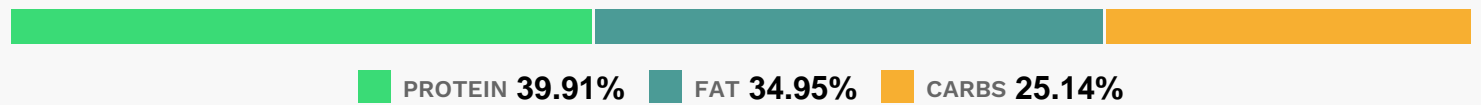
## Equipment

- roasting pan

## Directions

- Mix the first 9 ingredients together.
- Wrap the tenderloin with bacon.
- Place in a container.
- Pour the marinade mixture over the tenderloins. Cover.
- Refrigerate overnight, turning the tenderloins once.
- Place tenderloins on a rack in a roasting pan.
- Pour the marinade over the tenderloins.
- Roast for 2 hours at 300 degrees, basting with marinade every 20 minutes.
- Pork is well done at 170 degrees.
- Time does not include refrigerating overnight.

## Nutrition Facts



## Properties

Glycemic Index:32.85, Glycemic Load:11.84, Inflammation Score:-3, Nutrition Score:22.043913105908%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 370.12kcal (18.51%), Fat: 14.19g (21.82%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 22.22g (8.08%), Sugar: 19.14g (21.27%), Cholesterol: 112.8mg (37.6%), Sodium: 1501.72mg

(65.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.45g (72.89%), Vitamin B1: 1.57mg (104.94%), Selenium: 51.11µg (73.01%), Vitamin B6: 1.29mg (64.32%), Vitamin B3: 11.66mg (58.31%), Phosphorus: 436.71mg (43.67%), Vitamin B2: 0.56mg (33.15%), Zinc: 3.32mg (22.15%), Potassium: 720.53mg (20.59%), Vitamin B12: 0.9µg (14.94%), Vitamin B5: 1.49mg (14.94%), Magnesium: 55.82mg (13.96%), Iron: 2.2mg (12.24%), Manganese: 0.2mg (9.95%), Copper: 0.2mg (9.87%), Vitamin D: 0.54µg (3.61%), Calcium: 31.38mg (3.14%), Fiber: 0.74g (2.96%), Vitamin E: 0.44mg (2.93%), Folate: 5.78µg (1.45%), Vitamin C: 0.98mg (1.18%)