



Pork Tenderloin in Bourbon

 Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 2 tablespoons brown sugar
- ☐ 2 cloves garlic halved
- ☐ 3 pounds pork tenderloin
- ☐ 0.3 cup soya sauce

Equipment

- ☐ oven
- ☐ roasting pan

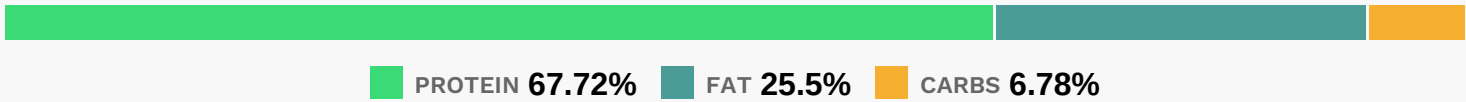
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kitchen thermometer

Directions

- ☐ Mix together soy sauce, bourbon, brown sugar, and garlic.
- ☐ Pour over pork, cover, and refrigerate at least 2 hours, turning occasionally.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Remove pork from marinade, and place on rack of shallow roasting pan.
- ☐ Bake for 45 minutes or until a meat thermometer registers 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:21.241739293236%

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: 238.31kcal (11.92%), Fat: 6.02g (9.25%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.52g (1.28%), Sugar: 3.04g (3.38%), Cholesterol: 110.56mg (36.85%), Sodium: 494.48mg (21.5%), Alcohol: 2.51g (100%), Alcohol %: 1.68% (100%), Protein: 35.94g (71.88%), Vitamin B1: 1.68mg (111.77%), Selenium: 51.74µg (73.91%), Vitamin B6: 1.33mg (66.32%), Vitamin B3: 11.54mg (57.7%), Phosphorus: 424.33mg (42.43%), Vitamin B2: 0.59mg (34.43%), Zinc: 3.22mg (21.5%), Potassium: 691mg (19.74%), Vitamin B12: 0.88µg (14.74%), Vitamin B5: 1.46mg (14.59%), Magnesium: 49.28mg (12.32%), Iron: 1.86mg (10.33%), Copper: 0.17mg (8.32%), Manganese: 0.08mg (3.79%), Vitamin D: 0.51µg (3.4%), Vitamin E: 0.37mg (2.5%), Calcium: 15.5mg (1.55%)