



## Pork Tenderloin with a Honey Grape Sauce

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon five spice powder
- 1 teaspoon ginger fresh grated
- 1 tablespoon garlic minced
- 2 tablespoons honey
- 2 teaspoons olive oil
- 2 pounds pork tenderloin
- 2 cups grapes red seedless halved
- 6 servings pepper black freshly ground to taste

- 0.3 cup shallots minced
- 2 tablespoons soya sauce

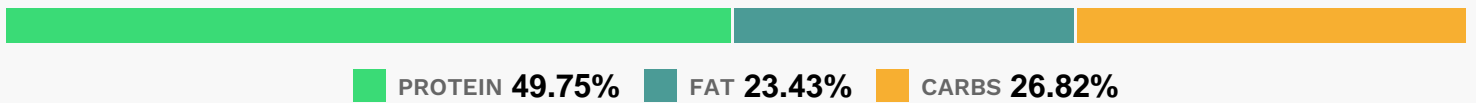
## Equipment

- food processor
- sauce pan
- blender
- grill

## Directions

- Preheat grill for medium heat.
- Lightly oil grate. Season meat with salt and pepper, and place on grill. Cook for 15 to 25 minutes, or to desired doneness, turning meat as necessary to cook evenly.
- Remove from grill, and let stand 10 minutes before slicing.
- Meanwhile, heat olive oil in a saucepan over medium heat. Cook shallots and garlic in oil until tender. Stir in grapes, soy sauce, honey, ginger, and five-spice powder. Bring to a boil. Reduce heat, and simmer for 15 minutes. Set aside to cool for 10 minutes.
- Process cooled sauce until smooth in a blender or food processor.
- Serve over sliced tenderloin.

## Nutrition Facts



## Properties

Glycemic Index:37.55, Glycemic Load:7.59, Inflammation Score:-3, Nutrition Score:21.433043433272%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 263.56kcal (13.18%), Fat: 6.83g (10.51%), Saturated Fat: 2g (12.53%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 16.66g (6.06%), Sugar: 14.45g (16.05%), Cholesterol: 98.28mg (32.76%), Sodium: 416.62mg (18.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.64g (65.29%), Vitamin B1: 1.53mg (102.2%), Selenium: 46.3µg (66.14%), Vitamin B6: 1.27mg (63.36%), Vitamin B3: 10.38mg (51.89%), Phosphorus: 395.25mg (39.52%), Vitamin B2: 0.56mg (33.01%), Potassium: 752.5mg (21.5%), Zinc: 2.98mg (19.86%), Vitamin B5: 1.36mg (13.59%), Vitamin B12: 0.79µg (13.1%), Magnesium: 50.17mg (12.54%), Iron: 2.1mg (11.69%), Copper: 0.23mg (11.34%), Manganese: 0.16mg (8.24%), Vitamin K: 8.42µg (8.02%), Vitamin E: 0.63mg (4.18%), Fiber: 0.94g (3.76%), Vitamin C: 2.94mg (3.56%), Vitamin D: 0.45µg (3.02%), Calcium: 24.45mg (2.44%), Folate: 5.71µg (1.43%)