



Pork Tenderloin with Ginger-Soy Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon bottled ginger fresh minced
- ☐ 1 teaspoon canola oil
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 0.3 cup green onions chopped
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 tablespoons rice vinegar

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup water
- ☐ 1 tablespoon water

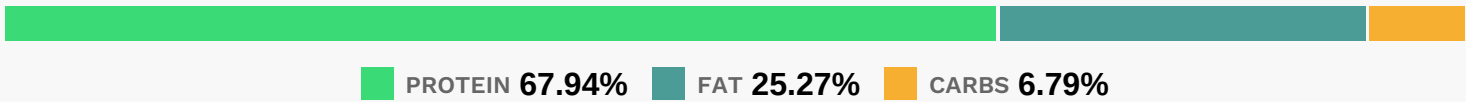
Equipment

- ☐ frying pan

Directions

- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Flatten each piece of pork to 1-inch thickness with fingertips; sprinkle pork with salt and pepper.
- ☐ Add pork to pan; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Remove pork from pan; keep warm.
- ☐ Add 1/4 cup water to pan, scraping to loosen browned bits.
- ☐ Add ginger and next 5 ingredients (through sesame oil) to pan; cook over medium-low heat 2 minutes. Stir in onions; serve sauce over pork.

Nutrition Facts



Properties

Glycemic Index:49.77, Glycemic Load:0.9, Inflammation Score:-3, Nutrition Score:15.738695590392%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 149.75kcal (7.49%), Fat: 4.02g (6.18%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 2.13g (0.77%), Sugar: 1.23g (1.37%), Cholesterol: 73.71mg (24.57%), Sodium: 352.05mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.63%), Vitamin B1: 1.14mg (75.85%), Selenium: 35.06µg (50.09%), Vitamin B6: 0.9mg (44.88%), Vitamin B3: 7.69mg (38.44%), Phosphorus: 290.84mg (29.08%), Vitamin

B2: 0.4mg (23.77%), Zinc: 2.22mg (14.78%), Potassium: 501.22mg (14.32%), Vitamin K: 13.93µg (13.26%), Vitamin B5: 0.99mg (9.86%), Vitamin B12: 0.58µg (9.64%), Magnesium: 36.72mg (9.18%), Iron: 1.3mg (7.2%), Copper: 0.12mg (6.15%), Manganese: 0.07mg (3.67%), Vitamin E: 0.49mg (3.29%), Vitamin C: 1.36mg (1.65%), Folate: 6.19µg (1.55%), Vitamin D: 0.23µg (1.51%), Calcium: 13.66mg (1.37%), Vitamin A: 63IU (1.26%), Fiber: 0.3g (1.19%)