



## Pork Tenderloin with Orange Marmalade Glaze

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon balsamic vinegar
- 1 teaspoon garlic minced
- 3 tablespoons honey
- 6 ounce orange juice concentrate frozen thawed canned
- 0.3 cup orange marmalade
- 1 pound pork tenderloin
- 1 tablespoon soya sauce

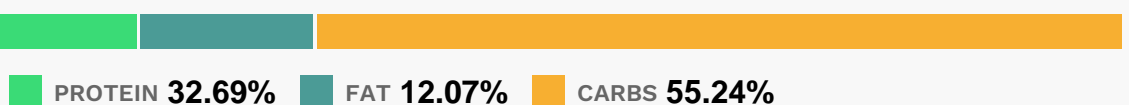
### Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan
- kitchen thermometer
- aluminum foil
- ziploc bags

## Directions

- Mix the soy sauce, orange juice concentrate, orange marmalade, honey, balsamic vinegar, and garlic together in a small saucepan over medium heat; bring to a simmer and whisk until smooth.
- Remove from heat and let cool to room temperature.
- Place the pork tenderloin into a resealable plastic bag and pour in the marinade. Squeeze the air out of the bag, seal, and turn the bag several times to coat the pork tenderloin with marinade. Refrigerate 1 to 2 hours.
- Preheat oven to 350 degrees F (175 degrees C).
- Place the pork loin and marinade into a baking dish; cover the dish with aluminum foil and roast until an instant-read thermometer inserted into the thickest part of the meat reads at least 155 degrees F (70 degrees C), about 20 minutes.
- Remove the cover and continue roasting until the pork has browned, 5 to 10 more minutes.
- Remove the cover and allow the meat and juices to stand for 10 minutes.
- To serve, slice the meat and drizzle with pan juices.
- If you prefer a thicker sauce, whisk cornstarch in water until smooth, whisk into the pan drippings, and place over medium heat. Allow to simmer until thickened, 2 to 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:36.82, Glycemic Load:7.21, Inflammation Score:-5, Nutrition Score:20.629999924613%

## 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: 303.43kcal (15.17%), Fat: 4.12g (6.33%), Saturated Fat: 1.37g (8.53%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 41.74g (15.18%), Sugar: 38.24g (42.49%), Cholesterol: 73.71mg (24.57%), Sodium: 326.19mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.08g (50.17%), Vitamin B1: 1.24mg (82.38%), Vitamin C: 62.93mg (76.28%), Vitamin B6: 1mg (50.2%), Selenium: 34.92µg (49.88%), Vitamin B3: 8.17mg (40.86%), Phosphorus: 310.68mg (31.07%), Vitamin B2: 0.48mg (27.95%), Potassium: 745.75mg (21.31%), Zinc: 2.26mg (15.08%), Vitamin B5: 1.22mg (12.22%), Magnesium: 48.68mg (12.17%), Vitamin B12: 0.59µg (9.83%), Folate: 35.69µg (8.92%), Iron: 1.49mg (8.25%), Copper: 0.16mg (7.95%), Manganese: 0.09mg (4.66%), Vitamin A: 175.9IU (3.52%), Calcium: 34.85mg (3.48%), Vitamin E: 0.52mg (3.45%), Fiber: 0.65g (2.59%), Vitamin D: 0.34µg (2.27%)