

food  
network

 **64%**  
HEALTH SCORE

## Pork Tenderloin with Plum Barbecue Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**1405 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon five-spice powder
- 1 inch ginger grated peeled
- 2 tablespoons grill seasoning
- 1 tablespoon ground coriander
- 0.3 cup hoisin sauce
- 0.5 juice of lemon juiced
- 4 plums sliced
- 2 pork tenderloins skinless

- 0.5 cup sugar
- 4 servings vegetable oil
- 1 cup water

## Equipment

- food processor
- bowl
- frying pan
- pot
- blender
- grill
- aluminum foil
- broiler
- grill pan
- cutting board

## Directions

- Heat a grill pan, broiler or grill to high heat.
- Heat the sugar and water in a medium pot over medium-high heat. When the mixture reaches a bubble, reduce the heat to medium-low and add the ginger, plums and five-spice powder. Simmer for 10 minutes, then stir in the lemon juice.
- Remove from the heat and let cool for about 5 minutes.
- Add the plum mixture to a blender or food processor and process until smooth.
- Pour into a medium bowl and stir in the hoisin sauce. Reserve.
- While the plums are cooking, put the pork tenderloins on a sheet pan and coat with oil, grill seasoning and coriander. Grill, or broil 6 inches from heat, until just firm, about 20 to 22 minutes.
- Remove from the grill to a cutting board and tent with foil.
- Let rest for about 5 minutes, then slice and arrange on a platter. Top with the plum barbecue sauce and serve.

# Nutrition Facts

PROTEIN 55.32% FAT 31.34% CARBS 13.34%

## Properties

Glycemic Index:32.19, Glycemic Load:20.06, Inflammation Score:-8, Nutrition Score:55.313478397286%

## Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 1404.65kcal (70.23%), Fat: 47.61g (73.25%), Saturated Fat: 13.08g (81.73%), Carbohydrates: 45.6g (15.2%), Net Carbohydrates: 43.09g (15.67%), Sugar: 37.94g (42.15%), Cholesterol: 590.24mg (196.75%), Sodium: 847.5mg (36.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 189.08g (378.17%), Vitamin B1: 8.94mg (595.94%), Selenium: 275.92µg (394.17%), Vitamin B6: 7.01mg (350.47%), Vitamin B3: 60.63mg (303.15%), Phosphorus: 2237.11mg (223.71%), Vitamin B2: 3.14mg (184.69%), Zinc: 17.29mg (115.27%), Potassium: 3750.95mg (107.17%), Vitamin B12: 4.72µg (78.61%), Vitamin B5: 7.71mg (77.13%), Magnesium: 266.88mg (66.72%), Iron: 10.45mg (58.06%), Copper: 0.93mg (46.4%), Vitamin K: 46.19µg (43.99%), Vitamin E: 3.41mg (22.75%), Manganese: 0.41mg (20.44%), Vitamin D: 2.72µg (18.14%), Vitamin C: 8.61mg (10.44%), Calcium: 103.49mg (10.35%), Fiber: 2.51g (10.03%), Vitamin A: 303.19IU (6.06%), Folate: 12.37µg (3.09%)