



Pork Tenderloin with Root Vegetables



Gluten Free



Dairy Free

READY IN



112 min.

SERVINGS



6

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons cooking wine dry red
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ginger grated
- ☐ 2 green onions chopped (green parts only)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 1.5 pound pork tenderloin

☐ 0.3 cup soya sauce

Equipment

☐ oven

☐ whisk

☐ roasting pan

☐ kitchen thermometer

☐ ziploc bags

☐ measuring cup

Directions

☐ Combine marinade ingredients in a measuring cup and whisk to combine.

☐ Pour over pork tenderloin in a plastic bag. Marinate overnight.

☐ Preheat oven to 350 degrees F.

☐ Bake for 45 minutes or until meat is 145 degrees F when measured with an instant-read thermometer. Allow meat to rest about 10 minutes before cutting into 2-inch serving pieces.

☐ Drizzle a small amount of the meat juices from cooking over each piece of meat.

☐ Serve with the root vegetables.

☐ parsnips

☐ carrots

☐ rutabagas

☐ turnips (roots only)

☐ Olive oil

☐ House Seasoning, recipe follows

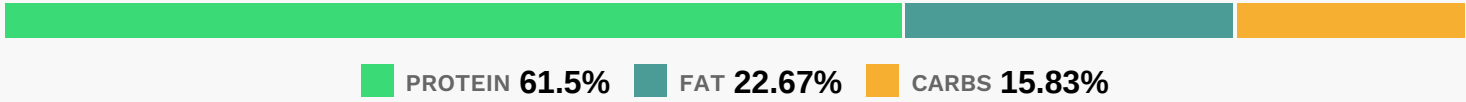
☐ Preheat oven to 350 degrees F.

☐ Peel and cut root vegetables into large chunks. Arrange in a roasting pan and season with olive oil and House Seasoning. Roast until tender; first check vegetables for doneness after 25 minutes and then every 10 minutes thereafter.

☐ Serve with the pork.

- ☐ cup salt
- ☐ /4 cup black pepper
- ☐ /4 cup garlic powder
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:1.74, Inflammation Score:-2, Nutrition Score:15.571739393732%

Flavonoids

Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 1.31mg, Malvidin: 1.31mg, Malvidin: 1.31mg, Malvidin: 1.31mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 167.72kcal (8.39%), Fat: 4.03g (6.2%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 6.03g (2.19%), Sugar: 5.09g (5.66%), Cholesterol: 73.71mg (24.57%), Sodium: 600.52mg (26.11%), Alcohol: 0.52g (100%), Alcohol %: 0.48% (100%), Protein: 24.6g (49.2%), Vitamin B1: 1.12mg (74.91%), Selenium: 34.66µg (49.52%), Vitamin B6: 0.9mg (45.21%), Vitamin B3: 7.92mg (39.58%), Phosphorus: 291.57mg (29.16%), Vitamin B2: 0.4mg (23.69%), Zinc: 2.2mg (14.68%), Potassium: 487.78mg (13.94%), Vitamin B5: 1mg (10.01%), Vitamin B12: 0.59µg (9.83%), Magnesium: 36.03mg (9.01%), Iron: 1.45mg (8.06%), Vitamin K: 8.35µg (7.95%), Copper: 0.12mg (6.19%), Manganese: 0.12mg (6.06%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.28mg (1.85%), Calcium: 17.02mg (1.7%), Vitamin C: 1.1mg (1.34%), Fiber: 0.3g (1.22%), Folate: 4.47µg (1.12%)