



Pork Tenderloin with Salty-Sweet Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup amber agave nectar
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon green onions chopped
- ☐ 1 Dash ground pepper red
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1.5 tablespoons seasoned rice vinegar divided
- ☐ 1 tablespoon tamari sauce reduced-sodium

☐ 1 teaspoon water

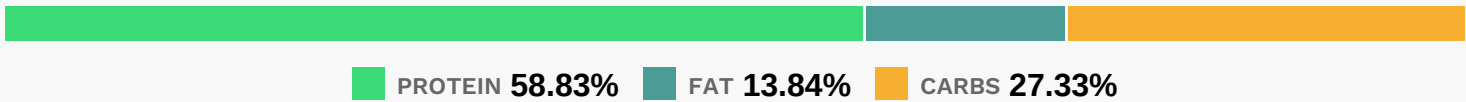
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a small saucepan; stir in 1 tablespoon vinegar. Bring to a boil over medium-high heat. Cook until reduced to 1/4 cup (about 3 minutes). Reserve 2 tablespoons agave mixture; set aside. Keep remaining 2 tablespoons mixture warm in pan.
- ☐ Heat a large ovenproof nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork to pan; cook 5 minutes, browning on all sides.
- ☐ Bake at 350 for 10 minutes.
- ☐ Brush pork with 2 tablespoons reserved agave mixture.
- ☐ Bake an additional 5 minutes or until a thermometer registers 155 (slightly pink).
- ☐ Let stand 5 minutes.
- ☐ Add remaining 1 1/2 teaspoons vinegar, 1 teaspoon water, and red pepper to remaining 2 tablespoons agave mixture in saucepan.
- ☐ Cut pork crosswise into 1/2-inch slices.
- ☐ Drizzle glaze over pork.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.72, Inflammation Score:-2, Nutrition Score:15.489130458106%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 172.49kcal (8.62%), Fat: 2.55g (3.92%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 11.16g (4.06%), Sugar: 9.49g (10.55%), Cholesterol: 73.71mg (24.57%), Sodium: 312.71mg (13.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.68%), Vitamin B1: 1.15mg (76.92%), Selenium: 35.35µg (50.5%), Vitamin B6: 0.93mg (46.74%), Vitamin B3: 7.87mg (39.37%), Phosphorus: 288.44mg (28.84%), Vitamin B2: 0.42mg (24.7%), Zinc: 2.18mg (14.55%), Potassium: 474.47mg (13.56%), Vitamin B5: 0.98mg (9.84%), Vitamin B12: 0.58µg (9.64%), Magnesium: 33.58mg (8.4%), Iron: 1.28mg (7.09%), Vitamin K: 6.23µg (5.94%), Copper: 0.12mg (5.79%), Vitamin C: 2.92mg (3.54%), Manganese: 0.06mg (3.06%), Vitamin E: 0.4mg (2.69%), Vitamin D: 0.23µg (1.51%), Folate: 6.05µg (1.51%)