



Roasted Sesame Pork Tenderloin with Asian Slaw

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large carrots grated
- 1 cup cilantro leaves fresh chopped
- 4 green onions sliced
- 4 cups napa cabbage shredded
- 1 lb pork tenderloin
- 0.3 cup wasabi-and-soy sauce-flavored almonds chopped
- 3 tablespoons soya sauce

0.5 cup sesame-ginger dressing divided

Equipment

baking sheet

oven

whisk

aluminum foil

Directions

Preheat oven to 45

Whisk together soy sauce and 1/4 cup dressing in a large shallow dish or zip-top plastic freezer bag; add pork, turning to coat. Cover or seal, and chill 10 minutes, turning once.

Meanwhile, combine cabbage, next 3 ingredients, and remaining 1/4 cup dressing. Cover and chill until ready to serve.

Remove pork from marinade, discarding marinade.

Place pork on a lightly greased aluminum foil-lined baking sheet.

Bake at 450 for 20 to 25 minutes or until done.

Remove from oven, and let stand 5 minutes before slicing.

Toss slaw with almonds; serve with pork.

Note: We tested with Maple Grove Farms of Vermont All Natural Sesame Ginger Dressing and Blue Diamond Bold Wasabi & Soy Sauce Almonds.

Nutrition Facts



PROTEIN 35.42% **FAT 50.88%** **CARBS 13.7%**

Properties

Glycemic Index:43.21, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:30.623912997868%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol:

0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 323kcal (16.15%), Fat: 18.44g (28.37%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 8.3g (3.02%), Sugar: 6.17g (6.85%), Cholesterol: 73.71mg (24.57%), Sodium: 1970.99mg (85.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.88g (57.76%), Vitamin A: 6658.92IU (133.18%), Vitamin K: 92.1µg (87.71%), Vitamin B1: 1.19mg (79.57%), Vitamin B6: 1.16mg (58.14%), Selenium: 35.68µg (50.98%), Vitamin B3: 9.37mg (46.84%), Phosphorus: 364.52mg (36.45%), Vitamin C: 25.98mg (31.49%), Vitamin B2: 0.5mg (29.39%), Potassium: 904.12mg (25.83%), Folate: 82.08µg (20.52%), Manganese: 0.39mg (19.39%), Zinc: 2.6mg (17.33%), Vitamin E: 2.31mg (15.38%), Magnesium: 59.46mg (14.86%), Iron: 2.55mg (14.14%), Vitamin B5: 1.26mg (12.64%), Fiber: 2.88g (11.52%), Copper: 0.2mg (10.06%), Calcium: 100.06mg (10.01%), Vitamin B12: 0.59µg (9.83%), Vitamin D: 0.34µg (2.27%)