



Slow Cooker Teriyaki Pork Tenderloin



Gluten Free



Dairy Free



Popular

READY IN



275 min.

SERVINGS



8

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup brown sugar
- ☐ 1 cup chicken broth
- ☐ 4 cloves garlic chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 large onion sliced
- ☐ 2 pounds pork tenderloin
- ☐ 3 chile pepper fresh red finely chopped

☐ 0.5 cup teriyaki sauce

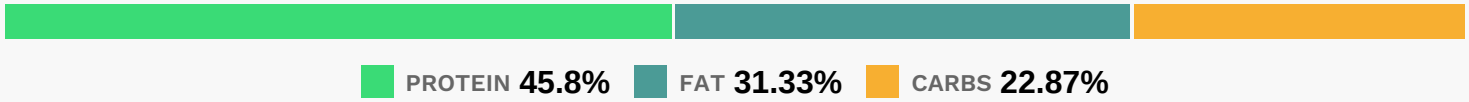
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the olive oil in a skillet over medium-high heat. Brown tenderloins on all sides, about 10 minutes. Meanwhile, mix together teriyaki sauce, chicken broth, and brown sugar in a bowl. Stir in garlic, red chile pepper, onion, and black pepper.
- ☐ Put browned tenderloins into slow cooker, cover with the teriyaki sauce mixture. Cook on High for about 4 hours, turning 2 to 3 times during the cooking time to ensure even doneness.
- ☐ Remove tenderloins from the slow cooker and let rest for 5 minutes before slicing. If desired, spoon liquid over slices when serving.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:17.979130314744%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg 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: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 223.82kcal (11.19%), Fat: 7.66g (11.79%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 12.1g (4.4%), Sugar: 10.64g (11.82%), Cholesterol: 74.3mg (24.77%), Sodium: 861.5mg (37.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.2g (50.4%), Vitamin B1: 1.14mg (76.31%), Vitamin B6: 1mg (50.19%), Selenium: 35.1µg (50.15%), Vitamin B3: 8.03mg (40.14%), Phosphorus: 317.1mg (31.71%), Vitamin C: 25.41mg (30.8%), Vitamin B2: 0.43mg (25.35%), Potassium: 575.49mg (16.44%), Zinc: 2.24mg (14.93%), Magnesium: 47.81mg (11.95%), Vitamin B5: 1.05mg (10.52%), Vitamin B12: 0.6µg (9.93%), Iron: 1.72mg (9.56%), Copper: 0.16mg

(7.87%), Vitamin E: 0.89mg (5.9%), Manganese: 0.11mg (5.52%), Vitamin K: 4.63µg (4.41%), Vitamin A: 164.17IU (3.28%), Calcium: 25.73mg (2.57%), Vitamin D: 0.34µg (2.27%), Fiber: 0.48g (1.91%), Folate: 7.23µg (1.81%)