



Soy-Ginger Sesame Pork

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons sesame oil dark
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 garlic cloves crushed
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.5 cup lower-sodium soy sauce

Equipment

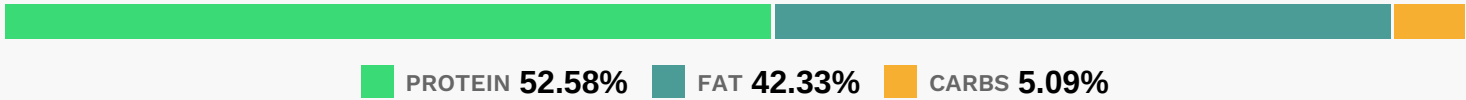
- ☐ grill

- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Combine soy sauce, sesame oil, grated ginger, and garlic in a large zip-top plastic bag.
- ☐ Add pork tenderloin to bag; seal. Marinate in refrigerator 1 1/2 hours, turning occasionally. Preheat grill to medium-high heat.
- ☐ Remove pork from marinade; discard marinade.
- ☐ Sprinkle both sides of pork evenly with kosher salt.
- ☐ Place pork on grill rack coated with cooking spray; grill 8 minutes. Turn pork over; grill 7 minutes or until a thermometer inserted into thickest portion of pork registers 14
- ☐ Remove from grill; let stand for 5 minutes.
- ☐ Cut crosswise into 12 slices.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:16.482608779617%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 207.29kcal (10.36%), Fat: 9.58g (14.73%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.2g (0.23%), Cholesterol: 73.71mg (24.57%), Sodium: 1498.77mg (65.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.77g (53.54%), Vitamin B1: 1.15mg (76.53%), Selenium: 35.31µg (50.45%), Vitamin B6: 0.95mg (47.68%), Vitamin B3: 7.97mg (39.83%), Phosphorus: 335.9mg (33.59%), Vitamin B2: 0.47mg (27.45%), Potassium: 578mg (16.51%), Zinc: 2.42mg (16.13%), Magnesium: 53.75mg (13.44%), Vitamin B5: 1.07mg (10.74%), Vitamin B12: 0.58µg (9.64%), Manganese: 0.18mg (9.1%), Iron: 1.58mg (8.78%), Copper: 0.13mg (6.32%), Folate: 14.26µg (3.57%), Vitamin E: 0.48mg (3.23%), Calcium: 18.41mg (1.84%), Vitamin D: 0.23µg (1.51%), Fiber: 0.29g (1.16%)