



Spicy Barbecued Pork Tenderloin with Green Beans

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup sauce
- 0.3 cup barbecue sauce (not spicy)
- 0.3 cup honey
- 0.5 teaspoon pepper red crushed
- 1.5 lb pork tenderloin
- 5 cups green beans whole frozen
- 0.3 cup almonds sliced

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 450°F. Line shallow roasting pan with foil. In small bowl, mix stir-fry sauce, barbecue sauce, honey and crushed red pepper until well blended. Reserve 1/2 cup sauce for serving.
- Place pork in pan; tucking small ends under for even cooking. Insert meat thermometer to tip is in thickest part of pork.
- Brush pork with about 1/4 cup of the remaining sauce.
- Bake uncovered 15 minutes.
- Remove from oven. Arrange green beans around pork; drizzle green beans with sauce.
- Sprinkle beans with almonds.
- Bake 10 to 15 minutes, brushing pork occasionally with drippings, until thermometer reads 155°F and beans are almost tender. Cover pork with foil and let stand 10 to 15 minutes or until thermometer reads 160°F. (Temperature will continue to rise about 5°F, and pork will be easier to carve.)
- Serve pork with green beans and reserved 1/2 cup sauce.

Nutrition Facts



Properties

Glycemic Index:18.05, Glycemic Load:9.94, Inflammation Score:-7, Nutrition Score:22.732173878214%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 295.18kcal (14.76%), Fat: 6.89g (10.6%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 29.94g (10.89%), Sugar: 27g (30%), Cholesterol: 73.71mg (24.57%), Sodium: 389.39mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.51g (53.01%), Vitamin B1: 1.2mg (80.22%), Vitamin B6: 1.02mg (51.18%), Selenium: 35.51µg (50.73%), Vitamin B3: 8.49mg (42.45%), Vitamin K: 39.88µg (37.98%), Phosphorus: 339.41mg (33.94%), Vitamin B2: 0.55mg (32.55%), Potassium: 726.44mg (20.76%), Manganese: 0.37mg (18.43%), Magnesium: 70.02mg (17.51%), Zinc: 2.58mg (17.17%), Vitamin A: 719.83IU (14.4%), Vitamin E: 2.12mg (14.16%), Vitamin C: 11.37mg (13.79%), Iron: 2.44mg (13.57%), Fiber: 3.35g (13.41%), Vitamin B5: 1.22mg (12.2%), Copper: 0.24mg (11.84%), Vitamin B12: 0.59µg (9.83%), Folate: 33.24µg (8.31%), Calcium: 61.39mg (6.14%), Vitamin D: 0.34µg (2.27%)