



Spicy-Sweet Pork Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon bottled garlic minced
- 1 teaspoon bottled ginger fresh minced
- 1 teaspoon canola oil
- 2 tablespoons cilantro leaves fresh chopped
- 1 pound pork tenderloin trimmed ()
- 1 tablespoon soya sauce low-sodium
- 1 tablespoon raspberry preserves seedless
- 0.3 cup bottled salsa

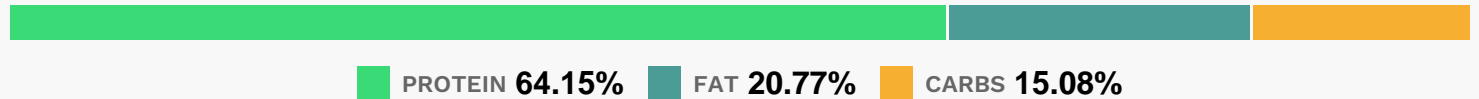
Equipment

- bowl
- frying pan

Directions

- Combine first 3 ingredients in a bowl.
- Heat oil in a large nonstick skillet over medium-high heat. Flatten each pork piece to 1/2-inch thickness using your fingertips.
- Add pork to pan; spoon soy sauce mixture evenly over pork slices. Cook 3 minutes or until browned. Turn pork over; cook 3 minutes or until done.
- Remove from pan.
- Add salsa and preserves to pan; increase heat to medium-high. Cook 30 seconds or until slightly thick, stirring constantly.
- Serve pork with salsa mixture, and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.01, Inflammation Score:-3, Nutrition Score:15.749565140061%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 157.82kcal (7.89%), Fat: 3.53g (5.44%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 5.24g (1.91%), Sugar: 3.31g (3.67%), Cholesterol: 73.71mg (24.57%), Sodium: 348.3mg (15.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.11%), Vitamin B1: 1.14mg (76.31%), Selenium: 35.43µg (50.61%), Vitamin B6: 0.94mg (47.22%), Vitamin B3: 7.89mg (39.45%), Phosphorus: 297.05mg (29.71%), Vitamin B2: 0.41mg (24.13%), Potassium: 537.53mg (15.36%), Zinc: 2.24mg (14.94%), Vitamin B5: 1.03mg (10.28%), Vitamin B12: 0.58µg (9.64%), Magnesium: 37.73mg (9.43%), Iron: 1.31mg (7.29%), Copper: 0.13mg (6.51%), Vitamin E: 0.72mg (4.8%), Manganese: 0.09mg (4.25%), Vitamin A: 117.61IU (2.35%), Vitamin K: 2.27µg (2.16%), Fiber: 0.53g (2.12%),

Calcium: 16.53mg (1.65%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.23µg (1.51%)