



Sticky pork



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pork tenderloin
- ☐ 4 tbsp soya sauce
- ☐ 1 tbsp clear honey
- ☐ 1 orange zest finely grated
- ☐ 1 large knob ginger finely grated

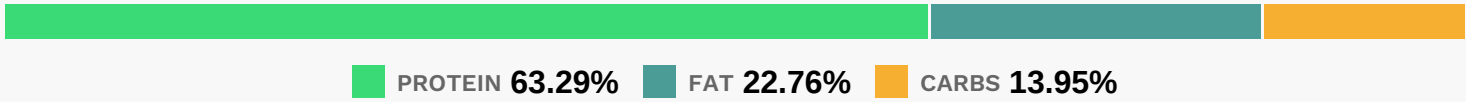
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Tip all the marinade ingredients into a shallow dish and stir to combine. Coat the pork in the marinade and, if you have time, leave for 1 hr or even better overnight.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Heat an ovenproof pan and take the pork out of the marinade. Brown on all sides, then baste over the rest of the marinade and roast the pork for 20 mins until cooked all the way through, basting with its juices every 5 mins or so.
- ☐ Serve the pork sliced with rice and your favourite steamed greens.

Nutrition Facts



Properties

Glycemic Index:20.57, Glycemic Load:2.39, Inflammation Score:-2, Nutrition Score:17.055217382701%

Nutrients (% of daily need)

Calories: 179.87kcal (8.99%), Fat: 4.44g (6.83%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 5.65g (2.05%), Sugar: 4.62g (5.13%), Cholesterol: 81.25mg (27.08%), Sodium: 1070.81mg (46.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.54%), Vitamin B1: 1.24mg (82.79%), Selenium: 38.09µg (54.42%), Vitamin B6: 1mg (49.96%), Vitamin B3: 9.01mg (45.04%), Phosphorus: 328.08mg (32.81%), Vitamin B2: 0.45mg (26.67%), Zinc: 2.43mg (16.23%), Potassium: 539.54mg (15.42%), Vitamin B5: 1.13mg (11.33%), Vitamin B12: 0.65µg (10.83%), Magnesium: 41.82mg (10.46%), Iron: 1.69mg (9.38%), Copper: 0.14mg (7.04%), Manganese: 0.11mg (5.6%), Vitamin C: 4.12mg (4.99%), Vitamin D: 0.38µg (2.5%), Fiber: 0.48g (1.91%), Vitamin E: 0.28mg (1.89%), Calcium: 16.28mg (1.63%), Folate: 4.27µg (1.07%)