



HEALTH SCORE

53%

Tangy Roasted Pork with Duck Sauce



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



1867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ginger fresh grated
- ☐ 2 teaspoons garlic powder
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 0.5 cup mango chutney
- ☐ 2 tablespoons blackstrap molasses
- ☐ 2 teaspoons ground mustard hot
- ☐ 8 ounces somen noodles cooked
- ☐ 2 teaspoons vegetable oil; peanut oil preferred

- ☐ 1.5 cups plum preserves
- ☐ 2 pork tenderloins
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tablespoons scallions chopped
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

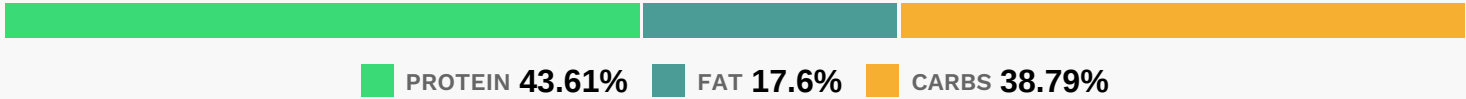
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Coat a large roasting pan with cooking spray.
- ☐ Season pork all over with salt and black pepper and place in prepared pan. In a small bowl, whisk together soy sauce, molasses, hot mustard, and garlic powder.
- ☐ Brush soy sauce mixture all over pork. Roast for 30 minutes, or until an instant-read thermometer registers at least 160 degrees F.
- ☐ Remove from oven and let pork rest for 10 minutes.
- ☐ Cut crosswise into 1/4-inch thick slices.;
- ☐ While the pork is roasting, in a small saucepan, combine plum preserves, chutney, vinegar, sugar, and ginger. Set pan over medium heat and bring to a simmer for about 10 to 15 minutes.
- ☐ Remove from heat.
- ☐ Toss somen noodles with scallions and peanut oil.

- ☐
- Remove pork from the oven.
- ☐
- Serve 2/3 of the pork with all of the plum sauce and somen noodles. Reserve remaining pork, about 12 to 16 thin slices, for paninis.

Nutrition Facts



Properties

Glycemic Index:87.52, Glycemic Load:88.02, Inflammation Score:-8, Nutrition Score:57.383913102357%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 1866.73kcal (93.34%), Fat: 35.47g (54.58%), Saturated Fat: 11.26g (70.38%), Carbohydrates: 175.96g (58.65%), Net Carbohydrates: 171.74g (62.45%), Sugar: 97.72g (108.58%), Cholesterol: 589.55mg (196.52%), Sodium: 1300.46mg (56.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 197.84g (395.67%), Vitamin B1: 9.01mg (600.94%), Selenium: 318.45µg (454.92%), Vitamin B6: 7.19mg (359.33%), Vitamin B3: 61.4mg (306.98%), Phosphorus: 2398.54mg (239.85%), Vitamin B2: 3.28mg (192.93%), Zinc: 18.18mg (121.23%), Potassium: 4084.73mg (116.71%), Magnesium: 326.96mg (81.74%), Vitamin B5: 8.04mg (80.43%), Vitamin B12: 4.72µg (78.61%), Iron: 11.4mg (63.34%), Copper: 1.22mg (61.09%), Manganese: 1.02mg (51.04%), Vitamin C: 15.7mg (19.03%), Vitamin E: 2.74mg (18.29%), Vitamin D: 2.72µg (18.14%), Fiber: 4.21g (16.85%), Calcium: 134.32mg (13.43%), Folate: 42.63µg (10.66%), Vitamin K: 6.51µg (6.2%)