



Teriyaki Pork Tenderloin

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

READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon cooking sherry dry
- ☐ 0.5 teaspoon ginger fresh finely grated
- ☐ 1 garlic clove with a garlic press or minced crushed
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 pound pork tenderloin
- ☐ 1 pinch pepper flakes red

☐ 1 tablespoon rice vinegar

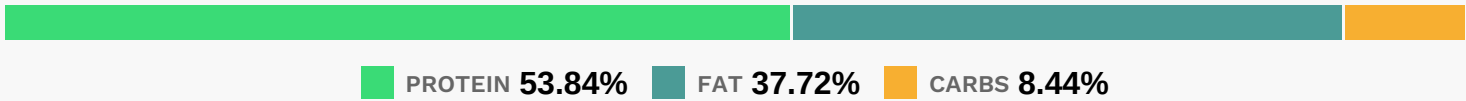
Equipment

- ☐ roasting pan
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Combine the soy sauce, oil, sugar, sherry, vinegar, garlic, ginger and red pepper flakes, and stir until the sugar dissolves.
- ☐ Transfer to a resealable plastic bag and add the pork tenderloin. Seal the bag and marinate the pork in the refrigerator, turning once, for 1/2 hour, or up to 8 hours.
- ☐ Preheat the broiler.
- ☐ Place the pork on a roasting pan and broil for 15 minutes, turning once.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:15.083912980297%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 188.16kcal (9.41%), Fat: 7.54g (11.59%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.71g (1.35%), Sugar: 3g (3.33%), Cholesterol: 73.71mg (24.57%), Sodium: 348.64mg (15.16%), Alcohol: 0.39g (100%), Alcohol %: 0.36% (100%), Protein: 24.2g (48.41%), Vitamin B1: 1.12mg (74.57%), Selenium: 34.57µg (49.39%), Vitamin B6: 0.89mg (44.68%), Vitamin B3: 7.6mg (38.02%), Phosphorus: 291.1mg (29.11%), Vitamin B2: 0.4mg (23.71%), Zinc: 2.2mg (14.67%), Potassium: 485.08mg (13.86%), Vitamin B5: 0.99mg (9.86%), Vitamin B12: 0.59µg (9.83%), Magnesium: 37.15mg (9.29%), Iron: 1.26mg (7%), Vitamin E: 0.91mg (6.04%), Copper:

0.11mg (5.49%), Manganese: 0.07mg (3.59%), Vitamin K: 2.55µg (2.43%), Vitamin D: 0.34µg (2.27%), Calcium:
13.75mg (1.38%)