



Teriyaki Pork Tenderloin

 Dairy Free

READY IN

ready

55 min.

SERVINGS

servings

3

CALORIES

calories

251 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

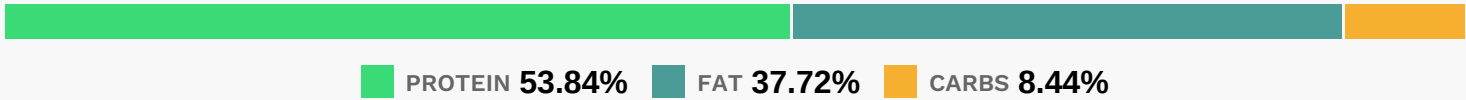
Equipment

- ☐ roasting pan
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ 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:36.67, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:20.109565175098%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 250.88kcal (12.54%), Fat: 10.05g (15.46%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.95g (1.8%), Sugar: 4g (4.45%), Cholesterol: 98.28mg (32.76%), Sodium: 464.86mg (20.21%), Alcohol: 0.51g (100%), Alcohol %: 0.36% (100%), Protein: 32.27g (64.54%), Vitamin B1: 1.49mg (99.43%), Selenium: 46.1µg (65.85%), Vitamin B6: 1.19mg (59.57%), Vitamin B3: 10.14mg (50.69%), Phosphorus: 388.13mg (38.81%),

Vitamin B2: 0.54mg (31.61%), Zinc: 2.93mg (19.56%), Potassium: 646.77mg (18.48%), Vitamin B5: 1.31mg (13.14%),
Vitamin B12: 0.79µg (13.1%), Magnesium: 49.54mg (12.38%), Iron: 1.68mg (9.33%), Vitamin E: 1.21mg (8.05%),
Copper: 0.15mg (7.31%), Manganese: 0.1mg (4.79%), Vitamin K: 3.4µg (3.24%), Vitamin D: 0.45µg (3.02%), Calcium:
18.34mg (1.83%), Folate: 4.86µg (1.21%)