

Honey Pork Tenderloin

Prep Time: 2 Hours Cook Time: 25 Min Total Time: 2 Hours, 25 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 6 oz.

Amount Per Serving

Calories 265 Calories from Fat 80

% Daily Value*

Total Fat 9g	14%
Saturated Fat 2g	9%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 98mg	33%
Sodium 613mg	27%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	3%
Sugars 9g	

Protein 33g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1.33 lbs lean pork tenderloin
- 1/4 cup low sodium soy sauce
- 2 garlic cloves
- 1 tbsp sesame oil
- 1 tbsp fresh ginger, grated
- 2 tbsp honey
- 2 tbsp sesame seeds

Directions

- 1 Mix together the soy sauce, garlic, sesame oil, and ginger. Marinate the pork in that mixture for 1-2 hours or overnight.
- 2 When ready to cook, preheat the oven to 375 degrees. Lay the sesame seeds on a plate. Carefully brush the pork with honey.
- 3 Press the pork on both sides into the sesame seeds.
- 4 Place on a baking sheet or pan sprayed with cooking spray and bake for about 25 minutes or until pork reaches 160 degrees. Let rest for at least 5 minutes. Slice and serve.

Notes



4

WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

