

Chinese Five Spice Pork Tenderloin

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-tenderloin-chinese-5-spice-powder-recipe>

Ingredients:

- 1/2 cup reduced sodium soy sauce
- 1/4 cup rice vinegar
- 2 teaspoons fresh ginger minced
- 3 cloves garlic crushed
- 2 teaspoons Chinese five-spice powder
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon red pepper flakes
- 1 1/2 teaspoons light brown sugar
- 1 1/2 teaspoons sesame oil
- 4 green onions sliced and divided
- 1 teaspoon corn starch
- 1 1/4 pounds pork tenderloin trimmed of silver skin and fat

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 90 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 32 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1140 milligrams
9. Sugar: 3 grams

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