

# Easy Chinese BBQ Pork Tenderloin

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-traditional-chinese-bbq-pork-tenderloin>

## Ingredients:

- 1/4 cup sweet chili sauce
- 1/2 cup ketchup
- 2 tablespoons soy sauce
- 1 teaspoon ginger minced
- 2 cloves garlic minced
- 1 teaspoon onion powder
- 1 teaspoon sesame oil
- 1 teaspoon black pepper
- 1 pound pork tenderloin
- 2 tablespoons sesame seeds for Garnish, optional

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 75 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 26 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1070 milligrams
9. Sugar: 9 grams

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