

Asian Pork Tenderloin

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-tenderloin-recipe>

Ingredients:

- 1 1/2 tablespoons brown sugar
- 1 teaspoon salt
- 2 teaspoons ginger
- 1 1/2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon crushed red pepper {or to taste}
- 1 teaspoon five spice Chinese
- 2 pounds pork tenderloin
- 1/2 cup water
- glaze
- 1/2 cup soy sauce
- 3 tablespoons lime juice
- 3 tablespoons ginger grated
- 2 tablespoons brown sugar
- 1/2 teaspoon crushed red pepper
- 1/2 tablespoon cornstarch
- 1/4 cup cold water

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 145 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 50 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 2570 milligrams
9. Sugar: 10 grams

Thank you for visiting our website. Hope you enjoy Asian Pork Tenderloin above. You can see more 20 japanese tenderloin recipe Savor the mouthwatering goodness! to get more great cooking ideas.