

Asian Style Pork Tenderloin



Where service *and savings* matter.



SERVINGS: 10

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving: calories 200, calories from fat 90, total fat 9g, saturated fat 1.5g, cholesterol 75mg, sodium 140mg, total carbohydrate 3g, dietary fiber 0g, sugars 2g, protein 24g, vitamin A 0%, vitamin C 6%, calcium 0%, iron 8%

Grill Mates Hawaiian Luau Marinade

¼ cup canola oil

¼ cup orange juice

1 Tbsp honey

1 Tbsp Kikkoman low sodium soy sauce

2.5 lbs pork tenderloin

DIRECTIONS:

1. Mix the dry marinade mix with oil, juice, honey and soy sauce. Place the pork tenderloin with the marinade in a plastic bag and return to refrigerator for 30 minutes or longer.
2. Cut 3 or 4 12-inch pieces of kitchen twine; layer top/bottom sections of tenderloin together and tie securely with twine.
3. Grill pork over indirect or medium heat 25 to 30 minutes or until just barely pink in the center and an instant-read thermometer registers 160-165°F degrees F

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Shopping List

MEAT/POULTRY/SEAFOOD:

- 2.5 lbs pork tenderloin

GROCERY/FROZEN/ MISCELLANEOUS:

- Kikkoman less sodium soy sauce
- Honey
- Orange juice
- Canola oil
- Grill Mates Hawaiian Luau Marinade