



Marinated Pork

Number of Servings: 2
Calories Per Serving: 357
PCF Ratio: 49-5-46

Single Serving Comment:

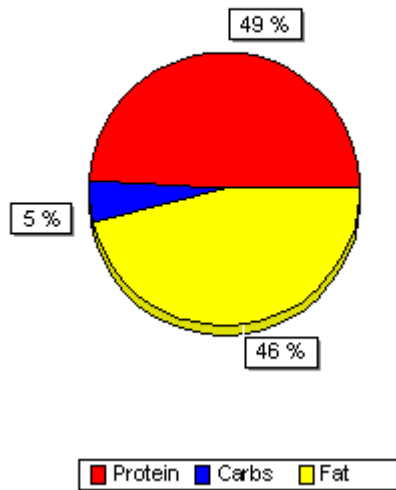
Cooking Instructions

Ingredients:

- 3 tbsp Shoyu Soy Sauce
 - 1 tbsp Extra Virgin Olive Oil
 - 1 tbsp Yellow Mustard
 - 1 tsp raw Ginger Root
 - 1 medium Spring Onion
 - 400g Pork Tenderloin
 - 1 tsp Whole Grain Corn Flour
- (serves 2)

Mix together soy, oil, mustard, ginger, onion, Tabasco into a marinade, and marinate the pork for two hours or longer, turning occasionally. Preheat and grill in pan for about 10-15 minutes each side until tenderloin is cooked through

49-5-46 Ratio



Nutrition Information

Serving Size: (248g)

Servings: 1

Amount Per Serving

Calories 360 **Calories from Fat** 160

% Daily Value*

Total Fat 18g **28%**

Saturated Fat 5g **23%**

Cholesterol 130mg **44%**

Sodium 1,550mg **65%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **3%**

Sugars 1 g

Protein 43 g

Vitamin A 2% Vitamin C 6%

Calcium 2% Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
SOY SAUCE, SHOYU	from soy & wheat	3 tbsp	48	25.4	2.5	4.1	1.9				
EXTRA VIRGIN OLIVE OIL	salad or cooking	1 tbsp	14	119.3							
MUSTARD, PREPARED, YELLOW	1 pkt	1 tbsp	15	9.9	.6	1.2	.4				
GINGER ROOT, RAW		1 tsp	2	1.6	.0	.4	.0				
ONION, SPRING OR SCALLIONS, RAW	Finely chopped	1 medium	15	4.8	.3	1.1	.3				

Marinated Pork (continued)

PORK TENDERLOIN, RAW, SLF	fresh	400	400	544	82.2									
CORN FLOUR, WHITE, WHOLE GRAIN		1 tsp	2	8.8	.2	1.9	.0							
Recipe Total:			496	713.9	85.7	8.6	2.7							
Single Serving Total:			248	356.9	42.9	4.3	1.3							

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
SOY SAUCE, SHOYU			.4	.0			.0					.0	.1	1.6
EXTRA VIRGIN OLIVE OIL				13.5	1.8	.1	1.1							
MUSTARD, PREPARED, YELLOW			.5	.5	.0	.0	.0			1.1	19.8			.1
GINGER ROOT, RAW			.0	.0										.0
ONION, SPRING OR SCALLIONS, RAW			.4	.0	.0		.0			7.5	149.6		.0	.1
PORK TENDERLOIN, RAW, SLF				21.6	7.5		2.1	264		8	24	3.8	1.1	17.4
CORN FLOUR, WHITE, WHOLE GRAIN			.2	.1	.0		.0				.1			.0
Recipe Total:			1.5	35.8	9.4	.1	3.3	264		16.6	193.4	3.9	1.2	19.2
Single Serving Total:			.8	17.9	4.7	.1	1.6	132		8.3	96.7	1.9	.6	9.6

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
SOY SAUCE, SHOYU	.2	.1	7.7	7.7		7.7							8.2	16.3
EXTRA VIRGIN OLIVE OIL											1.6	2.5		
MUSTARD, PREPARED, YELLOW	.1	.0	1.2	1.2		1.2			.4		.0		12	5.7
GINGER ROOT, RAW			.2	.2		.2			.1				.3	.9
ONION, SPRING OR SCALLIONS, RAW	.0		9.6	9.6		9.6			2.8		.1		10.8	3
PORK TENDERLOIN, RAW, SLF	3.5	2	20	20		20	3.2		3.6				20	100
CORN FLOUR, WHITE, WHOLE GRAIN	.0		.6	.6		.6					.0		.2	2.3

Marinated Pork (continued)

Recipe Total:	3.8	2.1	39.3	39.3		39.3	3.2		7		1.8	2.5	51.5	128.1
Single Serving Total:	1.9	1.1	19.7	19.7		19.7	1.6		3.5		.9	1.2	25.7	64.1

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
SOY SAUCE, SHOYU	52.8	86.4	2743.2			.1			1	.2		.4	.2
EXTRA VIRGIN OLIVE OIL	.1								.1				
MUSTARD, PREPARED, YELLOW	13.2	22.7	168			.0			.3	.0		5.4	.1
GINGER ROOT, RAW	.7	8.3	.3						.0			.0	
ONION, SPRING OR SCALLIONS, RAW	5.6	41.4	2.4			.0			.2	.0		.1	.1
PORK TENDERLOIN, RAW, SLF	888	1436	196			.2			4.8	.1		129.6	8
CORN FLOUR, WHITE, WHOLE GRAIN	6.6	7.7	.1						.1	.0		.4	.0
Recipe Total:	967	1602.4	3110			.3			6.4	.3		135.9	8.3
Single Serving Total:	483.5	801.2	1555			.1			3.2	.2		67.9	4.2