

# Maple Roasted Pork Tenderloin

## Recipe #65911

A deliciously sweet pork tenderloin. Do NOT substitute pancake syrup -- this needs real maple syrup. From "Crazy Plates".

by Shawnee TX

2 hours | 1¼ hours prep

SERVES 6

1 1/2 lbs pork tenderloins  
 1/2 cup pure maple syrup  
 2 tablespoons soy sauce  
 2 tablespoons ketchup  
 1 tablespoon Dijon mustard  
 2 teaspoons orange zest, grated  
 1 1/2 teaspoons curry powder  
 1 1/2 teaspoons ground coriander  
 1 teaspoon Worcestershire sauce  
 2 cloves garlic, minced

1. Trim pork of all visible fat.
2. Whisk together all remaining ingredients; pour over pork and marinate in refrigerator for 1 hour.
3. Put pork and marinade in a small roasting pan or baking dish.
4. Roast uncovered for 40 minutes at 350 F.
5. Pork should still be slightly pink in the middle.
6. Let pork stand for 10 minutes (it will continue to cook).
7. Cut into thin slices.
8. Drizzle sauce over pork.
9. Serve.

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## Nutrition Facts

Serving Size 1 (157g)

Recipe makes 6 servings

**Calories 240**

Calories from Fat 58 (24%)

Amount Per Serving	%DV
Total Fat 6.5g	9%
Saturated Fat 2.1g	10%
Monounsaturated Fat 2.9g	
Polyunsaturated Fat 0.7g	
Trans Fat 0.0g	
<b>Cholesterol 74mg</b>	<b>24%</b>
<b>Sodium 485mg</b>	<b>20%</b>
<b>Potassium 523mg</b>	<b>14%</b>
<b>Total Carbohydrate 21.0g</b>	<b>6%</b>
Dietary Fiber 0.6g	2%
Sugars 17.4g	
<b>Protein 24.3g</b>	<b>48%</b>
Vitamin A 64mcg	1%
Vitamin B6 0.6mg	30%
Vitamin B12 0.9mcg	15%
Vitamin C 3mg	5%
Vitamin E 0mcg	0%
Calcium 37mg	3%
Iron 2mg	12%

detailed view...

how is this calculated?

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**Recipe Notes & Rating:** ☐ 5 stars ☐ 4 stars ☐ 3 stars ☐ 2 stars ☐ 1 star