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Allowing the tenderloin to marinate for 8 hours locks in the spicy-sweet flavors of the low-calorie, homemade marinade. Top with an Asian-inspired relish of pineapple, plum, and fresh ginger to round out this meal. Pork tenderloin is a good source of lean protein and aides in building and repairing the body.

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Healthy Pork Tenderloin Recipes This lean, quick-cooking cut is the chicken breast of the pork world. It stands up to bold flavors and is so versatile it can move from down-home casual to elegant to global, as our collection of recipes shows.

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Low Carb Garlic and Herb Pork Tenderloin What's In The Pan

The pork tenderloin has virtually no fat and no carbs and is perfect for those on weight watchers diet. This lean pork tenderloin has a PointsPlus value of 4 per serving. Pork recipes are staples at this blog, and some of them are quite popular. I guess it s because pork is so easy to work with and there are thousands of different ways to prepare pork. But this low carb pork tenderloin recipe is possibly the easiest and juiciest way to make a quick weeknight meal with the family.

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