

## Pork

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# 6-Spice Pork Tenderloin

Rachael Ray

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**Servings: 4**

**1 pork tenderloin**

**1 teaspoon vegetable oil**

**1 teaspoon chinese five-spice powder**

**1/4 teaspoon ground black pepper**

Preheat the oven to 500 degrees.

Rub the pork with the oil and spices.

Season with salt.

Roast for 10 minutes. Flip and cook until the pork registers 150 degrees on a thermometer, about 10 minutes.

Let rest 10 minutes.

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Per Serving (excluding unknown items): 78 Calories; 3g Fat (36.5% calories from fat); 12g Protein; trace Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 28mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Fat.