

Rum Glazed Pork Tenderloin with Rice

Nutritional Information

Per Serving: Pork Glaze/Relish: 430 cal, 18g fat, 4g saturated fat, 110mg cholesterol, 640mg sodium, 31g carbohydrates, 0g fiber, 35g protein. **Rice:** 230 cal, 0g fat, 0mg cholesterol, 200mg sodium, 50g carbohydrates, 1g fiber, 4g protein (assumes 1/4 tsp salt added at home when preparing rice).

Contains: Milk. Wheat. Soy. Cinnamon.

Lifestyle: Nut-Free.

Optional at-home modifications: Omit glaze for gluten-free and dairy-free. Reduce calories significantly by using half the glaze. Substitute cauliflower rice and omit glaze for a keto-friendly dish.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Serving size: 3 servings per entrée, unless otherwise stated.



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