

# Balsamic Pork Tenderloin Crock pot Recipe

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Try this simple Balsamic Pork Tenderloin Crock pot Recipe! You are going to love this tasty Balsamic pork loin that you can quickly make in the crock pot!

**Course** Crock Pot, Main Course  
**Cuisine** American  
**Keyword** Balsamic Pork Tenderloin Crock pot Recipe

**Prep Time** 5 minutes  
**Cook Time** 6 hours  
**Total Time** 6 hours 5 minutes

**Servings** 6  
**Calories** 361 kcal  
**Author** Eating on a Dime

## Ingredients

- 3 lbs Pork tenderloin
- 1/4 cup balsamic vinegar
- 1/2 cup brown sugar
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1/2 cup water
- 1 teaspoon salt
- 1 teaspoon pepper

## Instructions

1. Place pork tenderloin in a 6 quart crock pot.
2. Whisk together the balsamic vinegar, brown sugar, soy sauce, water, cornstarch, salt and pepper.
3. Pour the balsamic mixture over the pork in the crock pot.
4. Cover and cook on low for 6-7 hours on low or 3-3.5 hours on high.
5. Remove the the pork tenderloin from the crock pot and slice.
6. Brush or drizzle the pork tenderloin with the sauce from the crock pot when serving and enjoy!

## Recipe Notes

Cook the pork tenderloin until it's reaches an internal temperature of 145 degrees F. Enjoy!

## Nutrition Facts

Balsamic Pork Tenderloin Crock pot Recipe

**Amount Per Serving**

**Calories** 361      Calories from Fat 72

**% Daily Value\***

<b>Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>19%</b>
<b>Cholesterol</b> 147mg	<b>49%</b>
<b>Sodium</b> 849mg	<b>37%</b>
<b>Potassium</b> 940mg	<b>27%</b>
<b>Carbohydrates</b> 22g	<b>7%</b>
Fiber 1g	<b>4%</b>
Sugar 19g	<b>21%</b>
<b>Protein</b> 48g	<b>96%</b>
<b>Calcium</b> 32mg	<b>3%</b>
<b>Iron</b> 3mg	<b>17%</b>

\* Percent Daily Values are based on a 2000 calorie diet.