



Barbecued Pork Tenderloin

READY IN



45 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cider vinegar
- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons catsup
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 1 cup onion chopped
- ☐ 24 ounce pork tenderloins
- ☐ 0.8 teaspoon salt

☐ 6 servings vegetable oil

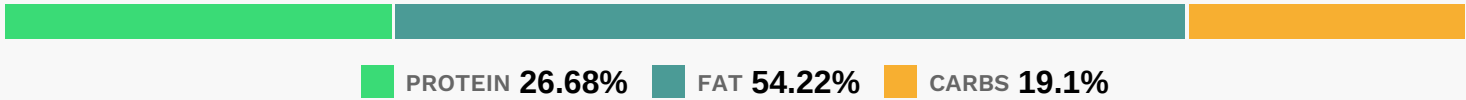
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat grill to medium-high. Melt butter in a saucepan over medium-high heat.
- ☐ Add onion and garlic; saut 4 minutes, stirring constantly. Stir in brown sugar, vinegar, ketchup, and soy sauce; bring to a boil. Cook 6 minutes. Process mixture until smooth. Reserve 6 tablespoons sauce.
- ☐ Sprinkle pork tenderloins with salt; brush with sauce.
- ☐ Place pork on an oiled grill rack. Grill 6 minutes on each side or until thermometer registers 14
- ☐ Remove pork, and let stand for 5 minutes. Slice.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.74, Inflammation Score:-4, Nutrition Score:17.276521921158%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 364.53kcal (18.23%), Fat: 21.84g (33.6%), Saturated Fat: 5.89g (36.8%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 16.78g (6.1%), Sugar: 14.67g (16.3%), Cholesterol: 83.74mg (27.91%), Sodium: 549.09mg (23.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.36%), Vitamin B1: 1.13mg (75.4%), Selenium: 34.98µg (49.97%), Vitamin B6: 0.94mg (46.97%), Vitamin B3: 7.69mg (38.45%), Phosphorus: 294.63mg (29.46%), Vitamin K: 26.43µg (25.17%), Vitamin B2: 0.41mg (24.2%), Potassium: 548.19mg (15.66%), Zinc: 2.23mg (14.87%), Vitamin E:

1.63mg (10.87%), Vitamin B5: 1.02mg (10.24%), Vitamin B12: 0.6µg (9.96%), Magnesium: 38.34mg (9.58%), Iron: 1.36mg (7.57%), Manganese: 0.14mg (6.79%), Copper: 0.13mg (6.53%), Vitamin C: 2.75mg (3.33%), Vitamin A: 158.03IU (3.16%), Calcium: 29.95mg (3%), Vitamin D: 0.34µg (2.27%), Fiber: 0.53g (2.1%), Folate: 7.22µg (1.81%)