



Barbecued Pork Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



6

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb pork tenderloin
- 0.3 teaspoon lawry's seasoned salt
- 0.3 cup barbecue sauce
- 0.3 cup teriyaki sauce (from 12-oz bottle)
- 2 tablespoons onion finely chopped
- 2 tablespoons chipotles in adobo finely chopped (from 7-oz can)

Equipment

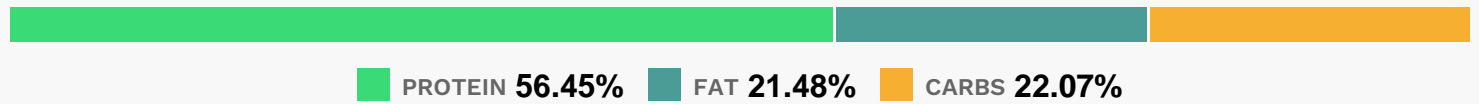
- bowl

- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill.
- Sprinkle pork with seasoned salt. In small bowl, mix remaining ingredients.
- Brush pork with barbecue sauce mixture.
- Place pork on grill rack over medium-low heat. Cover grill; cook 18 to 22 minutes, turning several times and brushing generously with remaining sauce, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F. Discard any remaining sauce.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:15.146086870328%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 178.75kcal (8.94%), Fat: 4.11g (6.32%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 8.79g (3.2%), Sugar: 7.44g (8.27%), Cholesterol: 73.71mg (24.57%), Sodium: 779.3mg (33.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.3g (48.59%), Vitamin B1: 1.12mg (74.82%), Selenium: 34.72µg (49.59%), Vitamin B6: 0.9mg (44.77%), Vitamin B3: 7.75mg (38.73%), Phosphorus: 298.18mg (29.82%), Vitamin B2: 0.4mg (23.55%), Potassium: 514.4mg (14.7%), Zinc: 2.17mg (14.44%), Magnesium: 40.34mg (10.08%), Vitamin B5: 1mg (10.03%), Vitamin B12: 0.59µg (9.83%), Iron: 1.53mg (8.52%), Copper: 0.13mg (6.29%), Fiber: 0.71g (2.85%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.34µg (2.27%), Manganese: 0.04mg (2.02%), Calcium: 15.87mg (1.59%)