



Blueberry-Rum Marinated Pork Tenderloin

 Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 2 tablespoons brown sugar
- ☐ 1 slices bread french toasted
- ☐ 2 garlic cloves
- ☐ 0.3 cup juice of lemon
- ☐ 16 ounce pork tenderloins
- ☐ 0.8 cup rum
- ☐ 6 servings blueberry salsa

- ☐ 1 tablespoon onion sweet chopped
- ☐ 1 tablespoon vinegar white

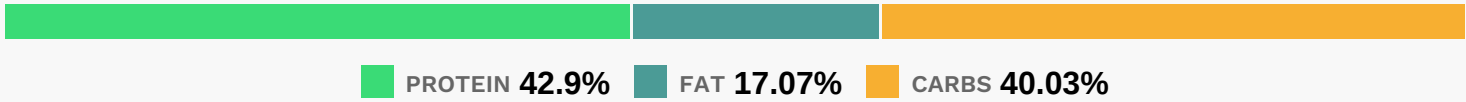
Equipment

- ☐ food processor
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Process first 7 ingredients in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Pour mixture into large zip-top plastic freezer bag; add pork. Seal and chill at least 4 hours.
- ☐ Remove pork from marinade, discarding marinade.
- ☐ Grill pork, covered with grill lid, over medium heat (300 to 350 to 375 degrees F)
- ☐ 10 to 13 minutes on each side or until a meat thermometer inserted in thickest portion registers 145
- ☐ Remove from grill. Loosely cover pork with foil; let stand 10 minutes or until thermometer registers 160
- ☐ Cut pork into slices, and serve over toasted bread. Top with Blueberry Salsa.

Nutrition Facts



Properties

Glycemic Index:35.92, Glycemic Load:5.55, Inflammation Score:-4, Nutrition Score:13.361739137898%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg

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Nutrients (% of daily need)

Calories: 232.31kcal (11.62%), Fat: 3.1g (4.77%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 14.88g (5.41%), Sugar: 8.4g (9.33%), Cholesterol: 49.14mg (16.38%), Sodium: 315.57mg (13.72%), Alcohol: 10.02g (100%), Alcohol %: 6.6% (100%), Protein: 17.52g (35.05%), Vitamin B1: 0.85mg (56.36%), Selenium: 26.49µg (37.85%), Vitamin B6: 0.68mg (34%), Vitamin B3: 6mg (30%), Phosphorus: 212.36mg (21.24%), Vitamin B2: 0.32mg (19.11%), Potassium: 433.57mg (12.39%), Zinc: 1.66mg (11.07%), Manganese: 0.21mg (10.71%), Vitamin C: 7.33mg (8.88%), Iron: 1.42mg (7.91%), Vitamin B5: 0.79mg (7.9%), Magnesium: 31.5mg (7.88%), Copper: 0.13mg (6.61%), Vitamin B12: 0.39µg (6.55%), Vitamin K: 6.2µg (5.91%), Fiber: 1.47g (5.88%), Vitamin E: 0.74mg (4.91%), Folate: 18.37µg (4.59%), Vitamin A: 169.15IU (3.38%), Calcium: 26.76mg (2.68%), Vitamin D: 0.23µg (1.51%)