



Bourbon Pork Tenderloin With Peach Chutney

 Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 2 tablespoons coarse-ground mustard
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 tablespoon green onions sliced
- ☐ 0.3 cup mango chutney hot
- ☐ 2 cups peaches fresh thawed peeled coarsely chopped
- ☐ 1 pound pork tenderloin

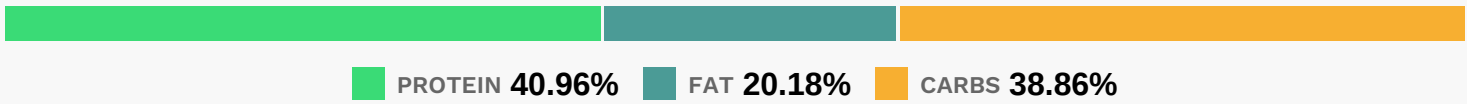
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Trim fat from pork.
- ☐ Combine bourbon, mustard, and thyme in a large heavy-duty, zip-top plastic bag.
- ☐ Add tenderloin; marinate in refrigerator 8 hours.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Remove tenderloin from bag, reserving marinade.
- ☐ Place tenderloin on rack. Grill, covered, 9 minutes; turn tenderloin, and brush with marinade. Cover and grill 7 to 9 additional minutes or until meat thermometer inserted into thickest part of tenderloin registers 16
- ☐ Combine peaches, chutney, and green onion in a medium bowl, stirring well.
- ☐ Cut pork into thin slices, and spoon peach chutney over slices.

Nutrition Facts



Properties

Glycemic Index:46.81, Glycemic Load:10.69, Inflammation Score:-9, Nutrition Score:18.886521463809%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 316.82kcal (15.84%), Fat: 5.53g (8.5%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 21.84g (7.94%), Sugar: 17.04g (18.93%), Cholesterol: 73.71mg (24.57%), Sodium: 76.93mg (3.34%), Alcohol: 10.02g (100%), Alcohol %: 5.11% (100%), Protein: 25.23g (50.47%), Vitamin B1: 1.17mg (77.81%), Selenium: 43.69µg (62.42%), Vitamin B6: 0.91mg (45.61%), Vitamin B3: 8.33mg (41.67%), Phosphorus: 329.12mg (32.91%), Vitamin B2: 0.44mg (26%), Zinc: 2.57mg (17.15%), Potassium: 597.18mg (17.06%), Magnesium: 53.68mg (13.42%), Iron: 2.13mg (11.82%), Copper: 0.22mg (11.1%), Vitamin B5: 1.11mg (11.08%), Vitamin C: 8.36mg (10.13%), Vitamin B12: 0.59µg (9.83%), Manganese: 0.19mg (9.75%), Fiber: 2.1g (8.4%), Vitamin A: 352.47IU (7.05%), Vitamin E: 1.02mg (6.82%), Vitamin K: 5.6µg (5.34%), Folate: 14.38µg (3.59%), Calcium: 31.61mg (3.16%), Vitamin D: 0.34µg (2.27%)