



Chili-Rubbed Pork Tenderloin



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons chili powder
- ☐ 0.5 teaspoon cumin
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 1 lb pork tenderloin

☐ 0.3 teaspoon salt

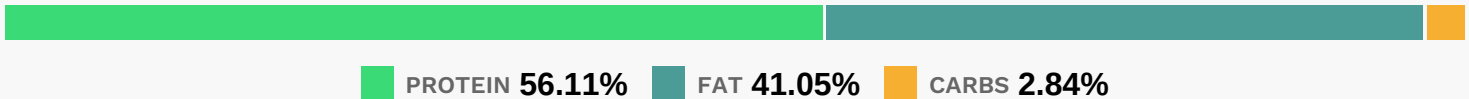
Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Preheat grill to medium high. In a large ziplock bag, combine olive oil, garlic, chili powder, cumin, paprika, salt and pepper.
- ☐ Add lime juice and rub sides of bag together until mixture forms a thin paste.
- ☐ Add pork to bag, seal bag and rub sides well until spice mixture has coated pork thoroughly.
- ☐ Just before cooking, oil heated grill.
- ☐ Remove pork from bag, place on grill and cook, turning occasionally with tongs, until a meat thermometer inserted in thickest part reads 140F, 15 to 20minutes.
- ☐ Transfer to a cutting board, cover loosely with foil and let rest for 10minutes before carving.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:15.44913038741%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 172.79kcal (8.64%), Fat: 7.69g (11.83%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.14g (0.16%), Cholesterol: 73.71mg (24.57%), Sodium: 217.41mg (9.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.66g (47.31%), Vitamin B1: 1.12mg (74.67%), Selenium: 34.65µg (49.5%), Vitamin B6: 0.9mg (44.9%), Vitamin B3: 7.62mg (38.09%), Phosphorus: 281.32mg (28.13%), Vitamin B2: 0.39mg (23.13%), Zinc: 2.18mg (14.56%), Potassium: 476.72mg (13.62%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.97mg (9.7%), Magnesium: 33.58mg (8.39%), Iron: 1.47mg (8.17%), Vitamin E: 1.09mg (7.3%), Vitamin A: 292.01IU (5.84%), Copper: 0.12mg (5.83%), Manganese: 0.07mg (3.42%), Vitamin K: 3.25µg (3.1%), Vitamin D: 0.34µg (2.27%), Vitamin C: 1.38mg (1.68%), Fiber: 0.39g (1.57%), Calcium: 14.45mg (1.45%)