

  
11%  
HEALTH SCORE

# Chili Rubbed Pork Tenderloin With Apricot Ginger Glaze

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

READY IN



165 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups apricot preserves
- 0.5 cup barbecue sauce
- 1 tablespoon chili powder
- 1 tablespoon cilantro leaves chopped
- 0.5 teaspoon garlic powder
- 1 teaspoon ginger grated
- 0.5 teaspoon pepper black

- 0.5 teaspoon hot sauce
- 1 juice of lime juiced
- 2 pound pork tenderloins trimmed
- 1 teaspoon salt
- 0.5 tablespoon sugar

## Equipment

- bowl
- frying pan
- sauce pan
- grill
- kitchen thermometer

## Directions

- Place chili powder, garlic powder, sugar, salt and pepper in a jar; shake to blend. Rub spice mixture onto pork tenderloins. Cover tenderloins and refrigerate for 2 to 24 hours.
- Prior to grilling, melt apricot preserves in saucepan over medium heat.
- Remove pan from the heat and stir in remaining glaze ingredients.
- Place half of the glaze in a serving bowl and hold for service.
- Prepare grill at medium-high heat. Grill pork tenderloins for 15-20 minutes, or until the internal temperature of the pork reaches 145 degrees F (63 degrees C) on an instant-read thermometer.
- When approximately 4 minutes of cook time remains, brush the pork tenderloins with the apricot glaze remaining in the pan. Cook for 2 minutes, turn the pork tenderloins and brush glaze on other side. Cook for an additional 2 minutes.
- Remove pork from the grill and let set for about 5 minutes before slicing.
- Serve with reserved glaze.

## Nutrition Facts



■ PROTEIN 35.67% ■ FAT 9.27% ■ CARBS 55.06%

## Properties

Glycemic Index:19.26, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:16.499565167272%

## Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg 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 Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 269.52kcal (13.48%), Fat: 2.82g (4.34%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 37.69g (12.56%), Net Carbohydrates: 36.98g (13.45%), Sugar: 26.08g (28.98%), Cholesterol: 73.71mg (24.57%), Sodium: 575.93mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.83%), Vitamin B1: 1.14mg (76.03%), Selenium: 36.31µg (51.87%), Vitamin B6: 0.93mg (46.5%), Vitamin B3: 7.83mg (39.15%), Phosphorus: 289.63mg (28.96%), Vitamin B2: 0.42mg (24.62%), Potassium: 557.6mg (15.93%), Zinc: 2.26mg (15.04%), Vitamin B5: 1.02mg (10.15%), Vitamin B12: 0.58µg (9.64%), Magnesium: 37mg (9.25%), Iron: 1.65mg (9.16%), Copper: 0.17mg (8.7%), Vitamin A: 433.82IU (8.68%), Vitamin C: 5.36mg (6.49%), Vitamin E: 0.84mg (5.63%), Manganese: 0.09mg (4.72%), Fiber: 0.71g (2.85%), Calcium: 25.25mg (2.52%), Vitamin K: 1.77µg (1.68%), Vitamin D: 0.23µg (1.51%)