



## Chipotle-and Maple-glazed Pork Tenderloin

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons chipotle chilies plus 1 tablespoon sauce canned drained
- 2 tablespoons dijon mustard coarse-grain
- 0.7 cup maple syrup
- 1 pork tenderloin
- 4 servings salt

### Equipment

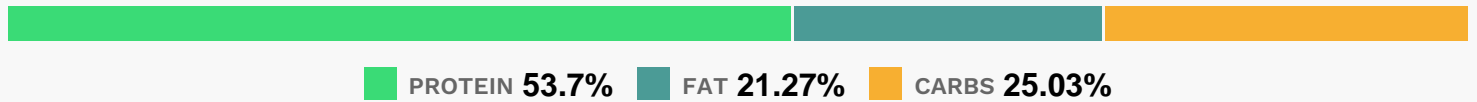
- blender
- grill

kitchen thermometer

## Directions

- Wearing gloves, remove and discard seeds and veins from chilies. In a blender, whirl chilies, sauce from chilies, maple syrup, and mustard until smooth.
- Rinse and dry pork. Trim excess fat and any thin, silvery membrane from tenderloin. Fold thin ends of meat under to make roast uniformly thick and tie cotton string crosswise around each end to secure. Set meat on a rimmed plate; pour about 1/3 cup chipotle-maple syrup mixture over pork and turn to coat completely.
- Prepare barbecue for indirect heat according to instructions.
- Place roast on grill and cook until a thermometer inserted in its center reaches 150 degrees, 20 to 25 minutes.
- Transfer roast to a platter and, keeping it warm, let rest 5 minutes.
- Cut into thin slices and add salt to taste.
- Serve with remaining chipotle-maple syrup mixture.

## Nutrition Facts



## Properties

Glycemic Index:17.13, Glycemic Load:13.22, Inflammation Score:-5, Nutrition Score:42.510434951147%

## Nutrients (% of daily need)

Calories: 730.16kcal (36.51%), Fat: 16.74g (25.75%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 40.83g (14.85%), Sugar: 36.86g (40.95%), Cholesterol: 294.77mg (98.26%), Sodium: 526.48mg (22.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 95.08g (190.15%), Vitamin B1: 4.5mg (300.2%), Selenium: 139.96µg (199.94%), Vitamin B6: 3.47mg (173.72%), Vitamin B3: 30.06mg (150.31%), Vitamin B2: 2.21mg (130.28%), Phosphorus: 1110.1mg (111.01%), Manganese: 1.33mg (66.48%), Zinc: 8.9mg (59.36%), Potassium: 1914.3mg (54.69%), Vitamin B12: 2.36µg (39.3%), Vitamin B5: 3.82mg (38.18%), Magnesium: 137.32mg (34.33%), Iron: 4.58mg (25.44%), Copper: 0.41mg (20.47%), Fiber: 3.49g (13.96%), Vitamin D: 1.36µg (9.07%), Calcium: 90.55mg (9.06%), Vitamin E: 1.02mg (6.83%)