



Chipotle Crusted Pork Tenderloin

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

READY IN



35 min.

SERVINGS



6

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons brown sugar
- 3 tablespoons chipotle chile powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1.5 pound pork tenderloins
- 1.5 teaspoons salt

Equipment

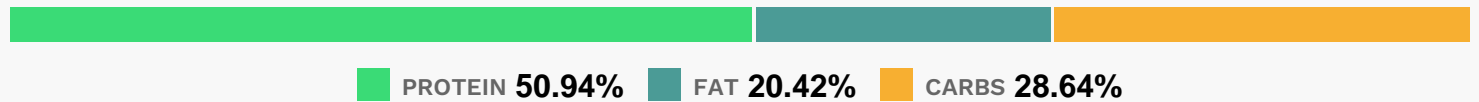
- grill

ziploc bags

Directions

- Preheat grill for medium-high heat.
- In a large resealable plastic bag, combine the onion powder, garlic powder, chipotle chile powder, salt, and brown sugar.
- Place tenderloins in bag and shake, coating meat evenly. Refrigerate for 10 to 15 minutes.
- Lightly oil grill grate, and arrange meat on grate. Cook for 20 minutes, turning meat every 5 minutes.
- Remove from grill, let stand for 5 to 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:14.7634783273%

Nutrients (% of daily need)

Calories: 193.59kcal (9.68%), Fat: 4.33g (6.66%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 11.44g (4.16%), Sugar: 10.86g (12.06%), Cholesterol: 73.71mg (24.57%), Sodium: 649.48mg (28.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.28g (48.57%), Vitamin B1: 1.12mg (74.48%), Selenium: 34.62µg (49.46%), Vitamin B6: 0.88mg (44.07%), Vitamin B3: 7.51mg (37.55%), Phosphorus: 279.02mg (27.9%), Vitamin B2: 0.38mg (22.54%), Zinc: 2.15mg (14.35%), Potassium: 465.66mg (13.3%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.97mg (9.66%), Fiber: 2.21g (8.83%), Magnesium: 32.11mg (8.03%), Iron: 1.2mg (6.68%), Copper: 0.11mg (5.49%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.25mg (1.69%), Manganese: 0.03mg (1.59%), Calcium: 15.48mg (1.55%)