



Coffee-Rubbed Grilled Pork Tenderloin



Gluten Free



Dairy Free



Low Fod Map

READY IN



105 min.

SERVINGS



6

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons t brown sugar dark packed
- 1 tablespoon espresso powder instant
- 1 tablespoon kosher salt
- 2 tablespoons olive oil
- 2 pound pork tenderloin
- 2.5 teaspoons paprika smoked

Equipment

- bowl
- paper towels
- grill
- kitchen thermometer
- cutting board

Directions

- Place all of the ingredients in a small bowl and mix to combine; set aside. For the tenderloins: Trim the pork of any silver skin and pat it dry with paper towels. Using your hands, rub the tenderloins all over with the oil, sprinkle them with all of the spice mixture, and rub until evenly coated. Set aside at room temperature for 30 minutes or cover and refrigerate for up to 24 hours.
- Heat a gas or charcoal grill to medium (about 350°F to 450°F). If the tenderloins have been refrigerated, let them sit at room temperature for at least 30 minutes before grilling.
- Place the tenderloins on the grill. Cover the grill and cook, turning every 5 minutes, until the tenderloins are browned all over and an instant-read thermometer inserted into the thickest part registers 145°F to 150°F, about 20 to 30 minutes.
- Transfer the tenderloins to a cutting board and let them rest for 5 to 10 minutes.
- Cut crosswise into 1/2-inch-thick slices and serve.

Nutrition Facts

PROTEIN 53.02% **FAT 38.37%** **CARBS 8.61%**

Properties

Glycemic Index:7.83, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:20.252173879953%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 243.6kcal (12.18%), Fat: 10.12g (15.57%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 4.78g (1.74%), Sugar: 3.97g (4.41%), Cholesterol: 98.28mg (32.76%), Sodium: 1243.48mg (54.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 26.17mg (8.72%), Protein: 31.46g (62.93%), Vitamin B1: 1.49mg (99.18%), Selenium: 46.03µg (65.76%), Vitamin B6: 1.18mg (58.84%), Vitamin B3: 10.32mg (51.6%), Phosphorus:

372.97mg (37.3%), Vitamin B2: 0.52mg (30.63%), Zinc: 2.87mg (19.15%), Potassium: 650.53mg (18.59%), Vitamin B12: 0.79µg (13.1%), Vitamin B5: 1.29mg (12.95%), Magnesium: 45.71mg (11.43%), Iron: 1.76mg (9.78%), Vitamin E: 1.25mg (8.33%), Vitamin A: 414.39IU (8.29%), Copper: 0.15mg (7.33%), Manganese: 0.08mg (3.77%), Vitamin K: 3.77µg (3.59%), Vitamin D: 0.45µg (3.02%), Calcium: 16.98mg (1.7%), Fiber: 0.33g (1.33%)