



Grilled BBQ Pork Tenderloin with Green Tomato Relish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup heinz bbq sauce memphis & spicy sweet divided
- 2 green onions
- 0.5 lb tomatoes green chopped (2)
- 1 Tbsp oil divided
- 1 lb pork tenderloin
- 0.5 bell pepper red seeded

Equipment

bowl

grill

Directions

Heat grill to medium heat.

Reserve half each of the oil and barbecue sauce for later use.

Brush meat with remaining oil.

Grill meat 20 to 25 min. or until done (145F), turning and brushing with remaining barbecue sauce after 15 min.

Remove from grill; cover to keep warm.

Brush pepper and onions with remaining oil; grill 3 to 4 min. on each side or until crisp-tender.

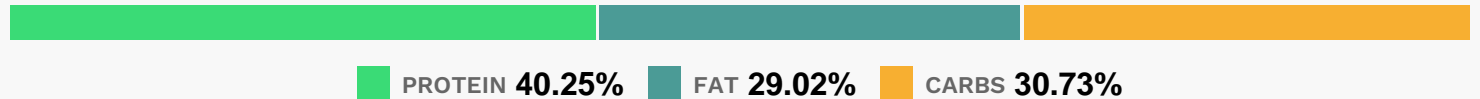
Chop pepper and onions; place in medium bowl.

Add tomatoes and reserved barbecue sauce; mix lightly.

Cut meat into thin slices.

Serve with tomato relish.

Nutrition Facts



Properties

Glycemic Index:1.42, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.8452174061018%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 21.99kcal (1.1%), Fat: 0.7g (1.08%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.55g (0.56%), Sugar: 1.32g (1.47%), Cholesterol: 6.55mg (2.18%), Sodium: 38.77mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin B1: 0.1mg (6.92%), Selenium: 3.12µg (4.46%), Vitamin B6: 0.09mg (4.39%), Vitamin C: 2.99mg (3.63%), Vitamin B3: 0.73mg (3.63%), Phosphorus: 27.08mg (2.71%), Vitamin B2: 0.04mg (2.31%), Vitamin K: 1.96µg (1.86%), Potassium: 61.53mg (1.76%), Vitamin A: 86.39IU

(1.73%), Zinc: 0.2mg (1.35%), Vitamin B5: 0.12mg (1.19%)