



Grilled Caribbean Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups wedges honeydew melon fresh assorted (such as cantaloupe, honeydew melon, grapes, papaya and mango)
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoons juice of lime
- 4 teaspoons nutmeg
- 4 teaspoons ground cumin
- 4 teaspoons garlic salt
- 3 teaspoons ground cinnamon
- 0.3 teaspoon ground pepper red (cayenne)

1.3 pounds pork tenderloin

Equipment

grill

kitchen thermometer

ziploc bags

Directions

Mix all Fruit ingredients. Cover and refrigerate until serving.

Mix all Spice Rub ingredients.

Place pork in heavy-duty resealable food-storage plastic bag.

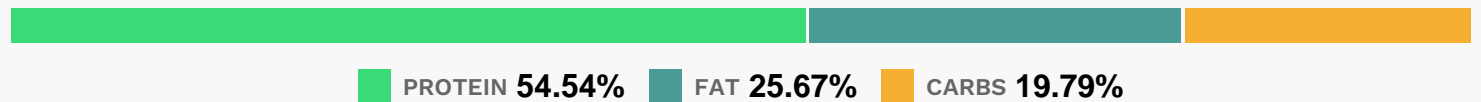
Sprinkle with Spice Rub. Turn bag several times to coat pork. Seal bag; refrigerate 15 minutes.

Heat coals or gas grill for direct heat.

Remove pork from bag. Cover and grill pork 4 to 6 inches from medium heat 15 to 20 minutes, turning frequently, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F.

Serve with fruit mixture.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:22.366956710815%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.03mg,
Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin:
0.11mg, Hesperetin: 0.11mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 223.14kcal (11.16%), Fat: 6.34g (9.75%), Saturated Fat: 2.27g (14.16%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 8.84g (3.22%), Sugar: 7.58g (8.43%), Cholesterol: 92.14mg (30.71%), Sodium: 2418.43mg (105.15%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.29g (60.57%), Vitamin B1: 1.44mg (96.32%), Selenium: 43.75µg (62.49%), Vitamin B6: 1.18mg (58.86%), Vitamin B3: 9.88mg (49.38%), Phosphorus: 369.59mg (36.96%), Vitamin B2: 0.5mg (29.28%), Potassium: 805.07mg (23%), Manganese: 0.44mg (21.93%), Vitamin C: 16.07mg (19.48%), Zinc: 2.9mg (19.36%), Iron: 3.06mg (17.03%), Magnesium: 59.03mg (14.76%), Vitamin B5: 1.33mg (13.26%), Vitamin B12: 0.74µg (12.28%), Copper: 0.19mg (9.62%), Fiber: 2.14g (8.58%), Calcium: 52.8mg (5.28%), Folate: 18.28µg (4.57%), Vitamin K: 3.46µg (3.29%), Vitamin E: 0.47mg (3.15%), Vitamin D: 0.43µg (2.83%), Vitamin A: 136.59IU (2.73%)