



## Grilled Caribbean Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

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.

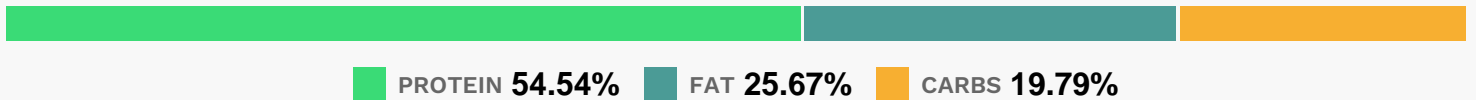
Sprinkle with Spice Rub. Turn bag several times to coat pork. Seal bag; refrigerate 15 minutes.

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 160F.

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%)