



Grilled Chili-Rubbed Pork Tenderloin



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons brown sugar packed
- ☐ 1.5 teaspoons chili powder
- ☐ 1 clove garlic finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 lb pork tenderloin
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vegetable oil

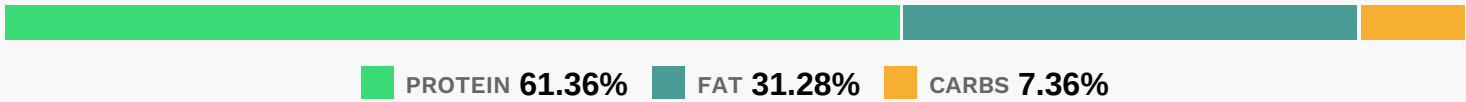
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix all ingredients except pork and oil.
- ☐ Brush pork with oil. Rub and press spice mixture on all sides of pork.
- ☐ Place pork on grill. Cover grill; cook over medium heat 17 to 20 minutes, turning several times, until pork has slight blush of pink in center and meat thermometer inserted in center reads 155F. Cover pork; let stand about 5 minutes or until thermometer reads 160F.
- ☐ Cut pork into slices.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:15.244347897561%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 158.93kcal (7.95%), Fat: 5.36g (8.25%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.49g (0.91%), Sugar: 2.02g (2.24%), Cholesterol: 73.71mg (24.57%), Sodium: 654.18mg (28.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.66g (47.33%), Vitamin B1: 1.12mg (74.69%), Selenium: 34.68µg (49.54%), Vitamin B6: 0.9mg (44.85%), Vitamin B3: 7.62mg (38.09%), Phosphorus: 281.71mg (28.17%), Vitamin B2: 0.39mg (23.07%), Zinc: 2.19mg (14.59%), Potassium: 476.27mg (13.61%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.96mg (9.63%), Iron: 1.6mg (8.88%), Magnesium: 34.04mg (8.51%), Copper: 0.12mg (5.83%), Vitamin A: 257.07IU (5.14%), Vitamin E: 0.66mg (4.42%), Manganese: 0.06mg (3.09%), Vitamin K: 2.95µg (2.81%), Vitamin D: 0.34µg (2.27%), Calcium: 17.4mg (1.74%), Fiber: 0.35g (1.38%)