



Grilled Cumin-Cornmeal Pork Tenderloins

 Gluten Free  Dairy Free  Low Fod Map

READY IN



23 min.

SERVINGS



6

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons soya sauce low-sodium
- 1.5 pound pork tenderloins
- 6 servings cumin-cornmeal rub

Equipment

- grill
- kitchen thermometer

Directions

- Prepare Cumin–Cornmeal Rub.
- Brush tenderloins with soy sauce. Rub 2 tablespoons rub evenly over each tenderloin, pressing rub onto tenderloins. Reserve remaining rub for other uses.
- Coat grill rack with cooking spray; place on grill over medium–hot coals (350 to 400).
- Place tenderloins on rack; grill, covered, 15 minutes or until meat thermometer inserted into thickest part of tenderloins registers 160, turning occasionally. Allow tenderloins to stand 5 minutes; cut into slices.

Nutrition Facts

PROTEIN 68.67% **FAT 26.74%** **CARBS 4.59%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:16.02391326557%

Nutrients (% of daily need)

Calories: 145.26kcal (7.26%), Fat: 4.17g (6.41%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.09g (0.1%), Cholesterol: 73.71mg (24.57%), Sodium: 251.51mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.18%), Vitamin B1: 1.12mg (74.73%), Selenium: 34.53µg (49.33%), Vitamin B6: 0.9mg (45.12%), Vitamin B3: 7.62mg (38.08%), Phosphorus: 287.83mg (28.78%), Vitamin B2: 0.4mg (23.46%), Vitamin K: 16.11µg (15.34%), Zinc: 2.23mg (14.84%), Potassium: 478.11mg (13.66%), Iron: 1.88mg (10.43%), Vitamin B12: 0.59µg (9.83%), Magnesium: 38.78mg (9.69%), Vitamin B5: 0.97mg (9.66%), Manganese: 0.18mg (8.78%), Copper: 0.12mg (6.02%), Calcium: 28.32mg (2.83%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.3mg (1.98%), Folate: 5.11µg (1.28%), Vitamin A: 54.91IU (1.1%), Fiber: 0.26g (1.05%)