



## Grilled Garlic-Rosemary Pork Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



**33 min.**

SERVINGS



**8**

CALORIES



**172 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons balsamic vinegar
- 2 teaspoons bottled garlic minced
- 1 tablespoon rosemary dried crushed
- 0.5 teaspoon mustard dry
- 0.5 teaspoon ground ginger
- 2 pound pork tenderloins trimmed
- 1 tablespoon brown sugar light
- 0.3 cup soya sauce low-sodium

- 2 tablespoons olive oil

## Equipment

- sauce pan
- oven
- grill
- kitchen thermometer
- aluminum foil
- ziploc bags
- broiler pan

## Directions

- Combine first 8 ingredients in a large zip-top plastic bag.
- Add pork; seal bag, and marinate in refrigerator at least 8 hours.
- Prepare grill.
- Remove pork from bag, reserving marinade.
- Place pork on grill rack coated with cooking spray. Cover and grill 24 minutes or until a thermometer registers 155 (slightly pink), turning once.
- Remove pork from grill; cover with foil, and let stand 10 minutes.
- While pork stands, bring marinade to a boil in a small saucepan; boil 1 minute.
- Serve sauce with pork.
- Note: To roast pork in the oven instead of grilling, place on a broiler pan coated with cooking spray.
- Bake in a preheated oven at 450 for 25 to 30 minutes or until a thermometer registers 155 (slightly pink). Cover with foil; let stand 10 minutes.

## Nutrition Facts

 **PROTEIN 59.2%**  **FAT 32.87%**  **CARBS 7.93%**

## Properties

Glycemic Index:18.75, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:15.496521844812%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 172.05kcal (8.6%), Fat: 6.08g (9.35%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 3.08g (1.12%), Sugar: 2.12g (2.35%), Cholesterol: 73.71mg (24.57%), Sodium: 348.77mg (15.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.27%), Vitamin B1: 1.14mg (75.98%), Selenium: 35.5µg (50.72%), Vitamin B6: 0.92mg (45.78%), Vitamin B3: 7.7mg (38.51%), Phosphorus: 297.47mg (29.75%), Vitamin B2: 0.41mg (24.11%), Zinc: 2.24mg (14.96%), Potassium: 496.99mg (14.2%), Vitamin B5: 1mg (9.96%), Vitamin B12: 0.58µg (9.64%), Magnesium: 38.32mg (9.58%), Iron: 1.41mg (7.83%), Manganese: 0.13mg (6.36%), Copper: 0.11mg (5.71%), Vitamin E: 0.79mg (5.29%), Vitamin K: 2.14µg (2.03%), Calcium: 16.36mg (1.64%), Vitamin D: 0.23µg (1.51%), Folate: 4.55µg (1.14%)