



## Grilled Ginger-Peanut Pork Tenderloin

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

READY IN



510 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon curry powder
- 1 tablespoon ginger fresh minced
- 1 clove garlic minced
- 32 ounce pork tenderloins trimmed of fat
- 0.5 teaspoon salt
- 1 tablespoon sesame oil
- 1 tablespoon smooth natural peanut butter
- 3 tablespoons soya sauce

1.5 teaspoons sugar substitute

## Equipment

bowl

paper towels

grill

aluminum foil

ziploc bags

## Directions

Place pork in a large resealable plastic bag.

Mix together soy sauce, sugar, sesame oil, peanut butter, garlic, curry powder, ginger, and salt in a bowl until smooth.

Pour marinade over tenderloins, press air out of bag, seal, and refrigerate overnight.

Preheat an outdoor grill for high heat.

Use a paper towel to pat any excess marinade from the pork; allow to sit at room temperature while the grill is heating. Lightly oil grill grate. Cook pork 3 minutes on each side (on all four sides) for a total of 12 to 15 minutes. The pork will be done when it is no longer pink inside and has reached an internal temperature of 145 degrees F (65 degrees C).

Remove from the grill and cover meat loosely with a foil tent.

Let rest 5 minutes before serving.

## Nutrition Facts

 **PROTEIN 65.4%** **FAT 31.11%** **CARBS 3.49%**

## Properties

Glycemic Index:21.5, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:20.323478559113%

## 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: 209.93kcal (10.5%), Fat: 7.04g (10.84%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.57g (0.63%), Cholesterol: 98.28mg (32.76%), Sodium: 788.51mg (34.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.32g (66.63%), Vitamin B1: 1.52mg (101.34%), Selenium: 46.89µg (66.98%), Vitamin B6: 1.22mg (60.83%), Vitamin B3: 10.84mg (54.2%), Phosphorus: 396.52mg (39.65%), Vitamin B2: 0.54mg (31.63%), Zinc: 2.99mg (19.92%), Potassium: 649.43mg (18.56%), Vitamin B5: 1.35mg (13.47%), Vitamin B12: 0.77µg (12.85%), Magnesium: 50.41mg (12.6%), Iron: 1.86mg (10.32%), Copper: 0.17mg (8.32%), Manganese: 0.13mg (6.63%), Vitamin E: 0.69mg (4.57%), Vitamin D: 0.3µg (2.02%), Fiber: 0.34g (1.38%), Calcium: 13.47mg (1.35%), Folate: 4.57µg (1.14%)