



Grilled Herbed Pork Tenderloin

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

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup sage leaves fresh
- 6 garlic cloves peeled
- 2 tablespoons grapeseed oil
- 1 tablespoon coarsely ground pepper black
- 0.3 cup honey
- 2 pound pork tenderloins trimmed
- 2 tablespoons lemon rind grated
- 0.3 cup orange juice fresh

- 0.3 cup oregano leaves fresh
- 0.3 teaspoon salt

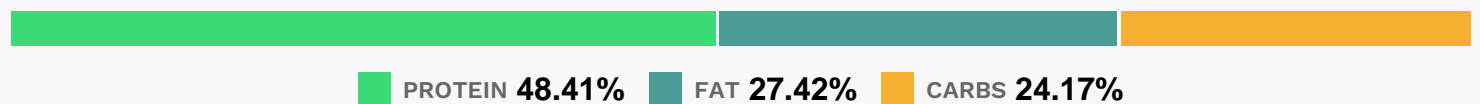
Equipment

- food processor
- blender
- grill
- kitchen thermometer
- ziploc bags

Directions

- Combine first 9 ingredients in a blender or food processor; process until almost smooth.
- Pour mixture into a large heavy-duty zip-top plastic bag.
- Add pork to bag; seal. Marinate in refrigerator 2 hours, turning bag occasionally.
- Prepare grill.
- Remove pork from marinade. Discard marinade.
- Sprinkle pork with 1/4 teaspoon salt.
- Place pork on grill rack coated with cooking spray; cover and grill 25 minutes or until a thermometer registers 160 (slightly pink), turning pork after 15 minutes.
- Let stand for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:28.16, Glycemic Load:5.28, Inflammation Score:-8, Nutrition Score:19.937391314818%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin:

0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 200.74kcal (10.04%), Fat: 6.1g (9.39%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 11g (4%), Sugar: 9.5g (10.56%), Cholesterol: 73.71mg (24.57%), Sodium: 134.29mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.48%), Vitamin B1: 1.15mg (76.58%), Copper: 1.37mg (68.35%), Selenium: 35.45µg (50.65%), Vitamin B6: 0.94mg (46.75%), Vitamin B3: 7.72mg (38.62%), Phosphorus: 289.01mg (28.9%), Vitamin B2: 0.41mg (23.98%), Zinc: 2.26mg (15.05%), Potassium: 515.5mg (14.73%), Manganese: 0.28mg (13.76%), Iron: 1.89mg (10.51%), Vitamin E: 1.55mg (10.32%), Vitamin B5: 1.02mg (10.24%), Vitamin K: 10.6µg (10.09%), Vitamin B12: 0.58µg (9.64%), Magnesium: 38.49mg (9.62%), Vitamin C: 6.6mg (8%), Fiber: 1.1g (4.4%), Calcium: 43.22mg (4.32%), Folate: 6.48µg (1.62%), Vitamin D: 0.23µg (1.51%)