



Grilled Jerk Pork Tenderloin



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 tablespoons ginger fresh minced
- ☐ 0.3 cup thyme leaves fresh
- ☐ 4 cloves garlic
- ☐ 2 teaspoons ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 0.5 teaspoon ground pepper black
- ☐ 3 pound pork tenderloin trimmed
- ☐ 0.5 onion chopped
- ☐ 2 habanero peppers seeded to taste
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup vinegar white

Equipment

- ☐ blender
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Cut the tenderloin in half and set the thinner end to the side.
- ☐ Cut the thicker end in half lengthwise. You should have 3 mostly equal pieces.
- ☐ Combine onion, thyme, vinegar, garlic, habanero peppers, ginger, soy sauce, vegetable oil, brown sugar, allspice, black pepper, cayenne pepper, nutmeg, and cinnamon in a blender. Puree until smooth, stopping to scrape down sides.
- ☐ Pour Jerk marinade into a resealable plastic bag.
- ☐ Add pork tenderloin pieces, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 4 to 6 hours.
- ☐ Preheat an outdoor grill for high heat, and lightly oil the grate.
- ☐ Grill pork, moving if necessary to avoid overcooking the thin parts of the meat, until dark grill marks appear and they lift easily from the grill, 6 to 7 minutes each side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Nutrition Facts



 **PROTEIN 62.58%**  **FAT 27.93%**  **CARBS 9.49%**

Properties

Glycemic Index:57.67, Glycemic Load:0.81, Inflammation Score:-10, Nutrition Score:31.715652009715%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 3mg, Luteolin: 3mg, Luteolin: 3mg, Luteolin: 3mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 322.45kcal (16.12%), Fat: 9.72g (14.95%), Saturated Fat: 2.36g (14.78%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 5.84g (2.12%), Sugar: 3.48g (3.87%), Cholesterol: 147.42mg (49.14%), Sodium: 459.15mg (19.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.97g (97.95%), Vitamin B1: 2.3mg (153.4%), Selenium: 70.36µg (100.52%), Vitamin B6: 1.92mg (95.82%), Vitamin B3: 15.71mg (78.53%), Phosphorus: 587.08mg (58.71%), Vitamin B2: 0.81mg (47.92%), Vitamin C: 37.64mg (45.63%), Potassium: 1047.74mg (29.94%), Zinc: 4.47mg (29.81%), Vitamin B5: 2.02mg (20.24%), Vitamin B12: 1.16µg (19.28%), Magnesium: 75.82mg (18.96%), Iron: 3.1mg (17.23%), Copper: 0.28mg (13.8%), Manganese: 0.27mg (13.63%), Vitamin K: 11.71µg (11.15%), Vitamin E: 1.05mg (7.03%), Fiber: 1.59g (6.35%), Vitamin A: 305.42IU (6.11%), Calcium: 41.29mg (4.13%), Vitamin D: 0.45µg (3.02%), Folate: 8.68µg (2.17%)