

Grilled Jerk Pork Tenderloin



Gluten Free



Dairy Free

READY IN



524 min.

SERVINGS



8

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 1 teaspoon pepper black
- ☐ 1.5 tablespoons brown sugar packed
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 inch ginger fresh peeled thinly sliced
- ☐ 3 cloves garlic peeled
- ☐ 2 bunches green onions chopped
- ☐ 1 tablespoon ground allspice

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 tablespoon kosher salt
- ☐ 0.8 teaspoon mustard seed
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 2 habanero peppers seeded
- ☐ 2.5 pounds pork tenderloin
- ☐ 3 tablespoons soya sauce
- ☐ 0.3 cup vinegar white

Equipment

- ☐ food processor
- ☐ blender
- ☐ casserole dish
- ☐ grill

Directions

- ☐ Combine habanero peppers, onion, green onions, ginger, and garlic, in a blender or food processor. Blend until quite fine.
- ☐ Add cider, white vinegar, soy sauce, olive oil, and sugar. Season with mustard seed, salt, pepper, thyme, allspice, nutmeg, and cinnamon. Continue to blend until smooth.
- ☐ Place the pork tenderloin in a shallow casserole dish; pour jerk marinade over, and massage into the meat to ensure all of the pork is coated. Cover and refrigerate for 8 hours.
- ☐ Preheat grill for medium-high heat.
- ☐ Lightly oil grate. Grill slabs of tenderloin over hot coals, turning as needed to keep from burning but allowing nice grill marks and browning. about 6 to 7 minutes on each side, or until the internal temperature has reached 145 degrees F (63 degrees C).
- ☐ Remove meat from grill; slice thinly and serve.

Nutrition Facts



 **PROTEIN 52.38%**  **FAT 34.14%**  **CARBS 13.48%**

Properties

Glycemic Index:42.72, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:23.172608717628%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 239.24kcal (11.96%), Fat: 8.91g (13.7%), Saturated Fat: 2.29g (14.33%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 6.43g (2.34%), Sugar: 4.36g (4.85%), Cholesterol: 92.14mg (30.71%), Sodium: 1327.47mg (57.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.75g (61.5%), Vitamin B1: 1.43mg (95.4%), Selenium: 43.97µg (62.82%), Vitamin B6: 1.2mg (60.15%), Vitamin B3: 9.91mg (49.55%), Phosphorus: 372.06mg (37.21%), Vitamin C: 26.73mg (32.4%), Vitamin B2: 0.51mg (30%), Vitamin K: 25.82µg (24.59%), Potassium: 690.45mg (19.73%), Zinc: 2.84mg (18.96%), Iron: 2.56mg (14.23%), Manganese: 0.27mg (13.72%), Magnesium: 51.47mg (12.87%), Vitamin B5: 1.28mg (12.78%), Vitamin B12: 0.74µg (12.28%), Copper: 0.19mg (9.42%), Vitamin E: 1.02mg (6.81%), Fiber: 1.48g (5.93%), Calcium: 42.82mg (4.28%), Vitamin A: 198.21IU (3.96%), Folate: 12.18µg (3.05%), Vitamin D: 0.43µg (2.83%)