



Grilled Lemon-Pepper Pork Tenderloin



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon marjoram dried
- ☐ 1.5 lb pork tenderloin
- ☐ 2 teaspoons vegetable oil

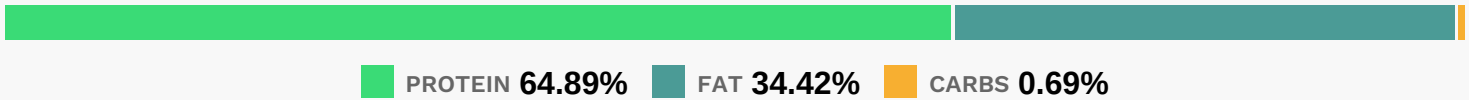
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat. In small bowl, mix all ingredients except pork and oil.
- ☐ Brush oil over all sides of pork. Rub lemon peel mixture over pork.
- ☐ Cover and grill pork over medium-low heat 15 to 20 minutes, turning occasionally, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F.
- ☐ Remove pork from grill; cover with foil.
- ☐ Let stand 5 to 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:14.55521750353%

Nutrients (% of daily need)

Calories: 150.39kcal (7.52%), Fat: 5.53g (8.51%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.12g (0.04%), Sugar: 0.03g (0.04%), Cholesterol: 73.71mg (24.57%), Sodium: 252.93mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.46g (46.93%), Vitamin B1: 1.11mg (74.3%), Selenium: 34.38µg (49.12%), Vitamin B6: 0.87mg (43.61%), Vitamin B3: 7.52mg (37.58%), Phosphorus: 276.4mg (27.64%), Vitamin B2: 0.38mg (22.63%), Zinc: 2.13mg (14.21%), Potassium: 452.31mg (12.92%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.96mg (9.57%), Magnesium: 31.27mg (7.82%), Iron: 1.16mg (6.44%), Copper: 0.1mg (5.24%), Vitamin K: 3.19µg (3.04%), Vitamin E: 0.42mg (2.82%), Vitamin D: 0.34µg (2.27%), Manganese: 0.04mg (2.03%), Vitamin A: 85.77IU (1.72%)