



Grilled Peach- and Mustard-Glazed Pork Tenderloin

 Gluten Free  Dairy Free  Low Fod Map

READY IN



100 min.

SERVINGS



6

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup peach preserves
- 2 tablespoons dijon mustard
- 2 teaspoons vegetable oil
- 0.3 teaspoon thyme leaves dried
- 0.3 teaspoon salt
- 1.5 lb pork tenderloin

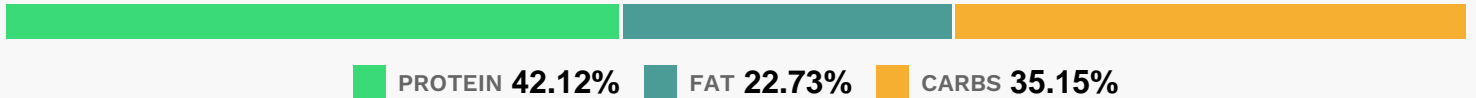
Equipment

- sauce pan
- grill
- kitchen thermometer
- ziploc bags

Directions

- In shallow glass or plastic dish or resealable freezer plastic bag, mix marinade ingredients.
- Add pork; turn to coat. Cover dish or seal bag; refrigerate, turning pork occasionally, at least 1 hour but no longer than 8 hours.
- Heat gas or charcoal grill.
- Remove pork from marinade; reserve marinade.
- Place pork on grill over medium heat. Cover grill; cook 20 to 25 minutes, brushing occasionally with marinade and turning once, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F.
- In 1-quart saucepan, heat remaining marinade to boiling; boil and stir 1 minute.
- Cut pork into slices; serve with marinade.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:10.59, Inflammation Score:-2, Nutrition Score:15.225651925673%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 231.24kcal (11.56%), Fat: 5.69g (8.76%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 19.27g (7.01%), Sugar: 13.81g (15.35%), Cholesterol: 73.71mg (24.57%), Sodium: 219.94mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.48%), Vitamin B1: 1.13mg (75.17%), Selenium: 36.63µg (52.32%), Vitamin B6: 0.88mg (43.85%), Vitamin B3: 7.54mg (37.68%), Phosphorus: 286.43mg (28.64%), Vitamin B2: 0.41mg (23.96%), Zinc: 2.17mg (14.48%), Potassium: 475.5mg (13.59%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.97mg (9.7%), Magnesium: 34.29mg (8.57%), Iron: 1.33mg (7.41%), Copper: 0.13mg (6.67%), Vitamin C: 2.65mg (3.21%), Vitamin E: 0.42mg (2.82%), Vitamin K: 2.83µg (2.7%), Manganese: 0.05mg (2.49%), Vitamin D: 0.34µg

(2.27%), Fiber: 0.54g (2.15%), Calcium: 16.02mg (1.6%)