



Grilled Pork Tenderloin

 Dairy Free

READY IN



537 min.

SERVINGS



2

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1 clove garlic crushed
- ☐ 1 teaspoon ground ginger
- ☐ 1 juice of lime juiced
- ☐ 2 juice of orange
- ☐ 2 servings olive oil for brushing
- ☐ 12 ounces pork tenderloin
- ☐ 1 tablespoon scallions chopped

- ☐ 0.5 cup soya sauce
- ☐ 0.5 cup tamarind concentrate

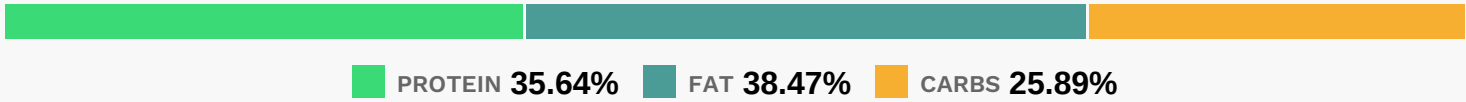
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ measuring cup

Directions

- ☐ Combine marinade ingredients in measuring cup and stir to combine.
- ☐ Place the pork tenderloin in a plastic, sealable bag.
- ☐ Pour marinade over the tenderloin and seal bag. Marinate overnight in the refrigerator.
- ☐ Preheat an outdoor grill or preheat oven to 350 degrees F.
- ☐ Remove pork tenderloin from marinade and pat dry.
- ☐ Brush olive oil onto grill and over meat for extra flavor. Reserve marinade. Grill tenderloin until cooked through, about 30 minutes to 40 minutes over medium heat. Or roast in oven for 35 to 45 minutes. Allow meat to rest about 10 minutes before cutting into 2-inch serving pieces.
- ☐ While meat is grilling, bring reserved marinade to a boil in a small saucepan, then lower the heat and gently simmer until it is reduced to about 2 tablespoons. Stir occasionally.
- ☐ Drizzle a small amount of marinade over each piece of meat.

Nutrition Facts



Properties

Glycemic Index:113, Glycemic Load:15, Inflammation Score:-6, Nutrition Score:31.713478202405%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 8.52mg, Hesperetin: 8.52mg, Hesperetin: 8.52mg, Hesperetin: 8.52mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg,

Naringenin: 1.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 476.25kcal (23.81%), Fat: 20.68g (31.82%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 31.31g (10.44%), Net Carbohydrates: 28.57g (10.39%), Sugar: 18.14g (20.16%), Cholesterol: 110.56mg (36.85%), Sodium: 3421.42mg (148.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.1g (86.21%), Vitamin B1: 1.91mg (127.33%), Selenium: 55.81µg (79.72%), Vitamin B6: 1.5mg (74.93%), Vitamin B3: 14.54mg (72.71%), Phosphorus: 548.12mg (54.81%), Vitamin C: 36.62mg (44.39%), Vitamin B2: 0.74mg (43.41%), Manganese: 0.72mg (35.92%), Potassium: 1156.28mg (33.04%), Magnesium: 111.24mg (27.81%), Iron: 4.47mg (24.83%), Zinc: 3.62mg (24.1%), Vitamin B5: 1.86mg (18.56%), Vitamin E: 2.52mg (16.81%), Copper: 0.3mg (15.16%), Vitamin K: 15.77µg (15.02%), Vitamin B12: 0.88µg (14.74%), Fiber: 2.75g (10.99%), Folate: 36.76µg (9.19%), Calcium: 63.59mg (6.36%), Vitamin A: 175.57IU (3.51%), Vitamin D: 0.51µg (3.4%)