



Grilled Pork Tenderloin



Gluten Free



Dairy Free

READY IN



44 min.

SERVINGS



6

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings apple-cucumber salsa green
- ☐ 1 teaspoon peppercorns whole black
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 pound pork tenderloins
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon cumin seeds whole

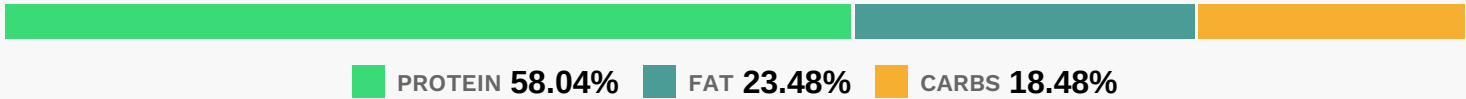
Equipment

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ rolling pin
- ☐ mortar and pestle
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Toast cumin seeds and peppercorns in a small dry skillet over medium heat, shaking skillet often, 3 minutes or until spices are fragrant.
- ☐ Transfer to a plate to cool, and crush spices with a mortar and pestle. (You can also transfer spices to a heavy-duty zip-top plastic bag, seal bag, and crush with a meat mallet or rolling pin.) Set aside 1/2 teaspoon spice mixture for salsa.
- ☐ Sprinkle pork with remaining spice mixture, mint, and garlic, pressing to adhere. Cover and chill up to 8 hours.
- ☐ Sprinkle pork with salt, and grill, covered with grill lid, over medium-high heat (350 to 400), turning every 5 minutes, 18 to 20 minutes or until thermometer registers 155 and tenderloin is slightly pink in center.
- ☐ Place pork on a cutting board; loosely cover with foil, and let stand 10 minutes.
- ☐ Cut into slices, and serve with Green Apple-Cucumber Salsa.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:2.48, Inflammation Score:-4, Nutrition Score:21.104782550231%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 222.18kcal (11.11%), Fat: 5.71g (8.79%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 8.17g (2.97%), Sugar: 6.54g (7.26%), Cholesterol: 98.28mg (32.76%), Sodium: 275.55mg (11.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.77g (63.53%), Vitamin B1: 1.51mg (100.39%), Selenium: 46.04µg (65.78%), Vitamin B6: 1.2mg (60.17%), Vitamin B3: 10.14mg (50.7%), Phosphorus: 383.18mg (38.32%), Vitamin B2: 0.54mg (31.52%), Potassium: 702.24mg (20.06%), Zinc: 2.94mg (19.6%), Vitamin B5: 1.33mg (13.26%), Iron: 2.38mg (13.22%), Vitamin B12: 0.79µg (13.1%), Magnesium: 50.45mg (12.61%), Manganese: 0.21mg (10.34%), Copper: 0.18mg (8.92%), Fiber: 1.94g (7.78%), Vitamin C: 3.79mg (4.6%), Vitamin E: 0.49mg (3.25%), Calcium: 31.36mg (3.14%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.65µg (2.52%), Vitamin A: 124.38IU (2.49%), Folate: 4.03µg (1.01%)