



## Grilled Pork Tenderloin

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



55 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup barbeque sauce
- 1 teaspoon garlic powder
- 1 teaspoon ground pepper black
- 2 pound pork tenderloins
- 1 teaspoon salt

### Equipment

- frying pan
- grill

## Directions

- Prepare grill for indirect heat.
- Season meat with garlic powder, salt, and pepper.
- Lightly oil grate.
- Place tenderloin on grate, and position drip pan under meat. Cook over indirect heat for 30 minutes.
- Brush tenderloin with barbeque sauce. Continue cooking for 15 minutes, or to desired doneness. Slice pork, and serve.

## Nutrition Facts



## Properties

Glycemic Index:6.17, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:20.371304430391%

## Nutrients (% of daily need)

Calories: 265.92kcal (13.3%), Fat: 5.65g (8.7%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 19.47g (7.08%), Sugar: 15.84g (17.6%), Cholesterol: 98.28mg (32.76%), Sodium: 957.54mg (41.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.73g (63.46%), Vitamin B1: 1.5mg (99.88%), Selenium: 46.57µg (66.53%), Vitamin B6: 1.2mg (60.08%), Vitamin B3: 10.29mg (51.43%), Phosphorus: 379.54mg (37.95%), Vitamin B2: 0.54mg (31.62%), Potassium: 715.27mg (20.44%), Zinc: 2.93mg (19.52%), Vitamin B5: 1.35mg (13.52%), Vitamin B12: 0.79µg (13.1%), Magnesium: 47.99mg (12%), Iron: 1.84mg (10.2%), Copper: 0.18mg (8.81%), Manganese: 0.13mg (6.48%), Vitamin E: 0.72mg (4.81%), Vitamin D: 0.45µg (3.02%), Calcium: 26.91mg (2.69%), Vitamin A: 111.62IU (2.23%), Fiber: 0.56g (2.23%), Vitamin K: 1.41µg (1.34%)