



WHATSheATE



Grilled Pork Tenderloin and Peaches



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



1245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pork tenderloin
- ☐ 2 servings olive oil extra virgin
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon herbs de provence
- ☐ 1 nectarines yellow thick quartered cut into slices

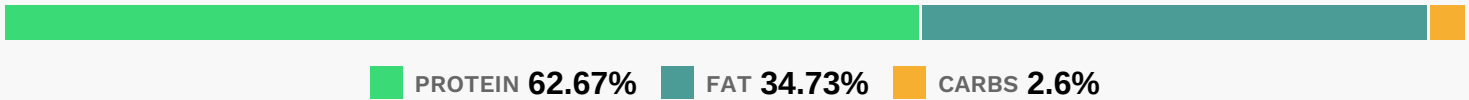
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prep the tenderloin: Coat the tenderloin with olive oil, then sprinkle with salt.
- ☐ Roll the tenderloin in the herbes de Provence and set aside at room temperature for 30 minutes.
- ☐ Prepare the grill: Prepare your grill for high direct heat on one side, and low heat on another side. A tenderloin is thick on one end and thin on the other. You will want to cook the thinner end on the cooler side of the grill while the thicker end is on the hot part o the grill.
- ☐ Grill the tenderloin: Grill the tenderloin until until a meat thermometer inserted into the center of the thickest part reads 135°F, about 5 minutes per side.
- ☐ Remove and let rest while you cook the peaches.
- ☐ Grill the peaches: Paint the peaches with a little olive oil and grill on high direct heat for 1-2 minutes per side, just enough to get some good grill marks.
- ☐ Serve: Slice the tenderloin into 1/4-inch pieces and drizzle any juices released from the cutting the meat over them.
- ☐ Serve hot with the peaches.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2.34, Inflammation Score:-8, Nutrition Score:54.988261005153%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 1245.37kcal (62.27%), Fat: 46.36g (71.33%), Saturated Fat: 12.7g (79.36%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 5.99g (2.18%), Sugar: 5.64g (6.26%), Cholesterol: 589.55mg (196.52%), Sodium: 1644.99mg (71.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 188.23g (376.46%), Vitamin B1: 8.94mg (596.08%), Selenium: 274.92µg (392.74%), Vitamin B6: 6.97mg (348.36%), Vitamin B3: 60.85mg (304.23%), Phosphorus: 2226.49mg (222.65%), Vitamin B2: 3.08mg (181.4%), Zinc: 17.24mg (114.91%), Potassium: 3674.18mg (104.98%),

Vitamin B12: 4.72µg (78.61%), Vitamin B5: 7.72mg (77.23%), Iron: 11.57mg (64.28%), Magnesium: 255.71mg (63.93%), Copper: 0.88mg (44.18%), Vitamin K: 44.14µg (42.04%), Vitamin E: 4.59mg (30.63%), Vitamin D: 2.72µg (18.14%), Manganese: 0.33mg (16.28%), Calcium: 94.5mg (9.45%), Fiber: 1.8g (7.22%), Vitamin A: 329.86IU (6.6%), Vitamin C: 3.06mg (3.71%), Folate: 9.74µg (2.43%)