



Grilled Pork Tenderloin Roulade

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 0.3 cup goat cheese crumbled
- ☐ 1 pound pork tenderloins trimmed
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots chopped
- ☐ 3 tablespoons walnut pieces toasted chopped

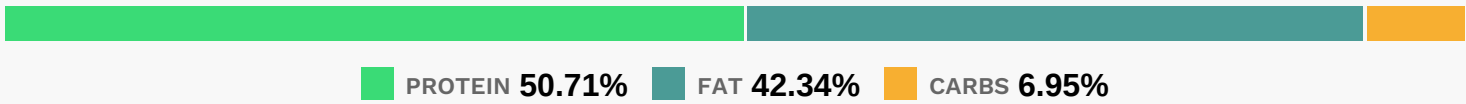
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ meat tenderizer
- ☐ kitchen twine

Directions

- ☐ Prepare grill to medium heat. Slice tenderloin lengthwise, cutting to, but not through, other side. Open halves, laying tenderloin flat.
- ☐ Place tenderloin between 2 sheets of plastic wrap; pound to 1/2-inch thickness using a meat mallet or heavy skillet.
- ☐ Sprinkle shallots, cheese, walnuts, and thyme on tenderloin.
- ☐ Roll up, starting with long side; secure pork at 1-inch intervals with twine.
- ☐ Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Place pork on grill rack coated with cooking spray. Grill for 27 minutes or until a thermometer registers 155, turning after 13 minutes.
- ☐ Remove from grill; lightly cover with foil.
- ☐ Let stand for 10 minutes; cut crosswise into 8 slices.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:18.240869475448%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

Nutrients (% of daily need)

Calories: 222.08kcal (11.1%), Fat: 10.38g (15.96%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 2.69g (0.98%), Sugar: 1.49g (1.65%), Cholesterol: 80.24mg (26.75%), Sodium: 259.69mg (11.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.93%), Vitamin B1: 1.18mg (78.45%), Selenium: 35.88µg (51.25%), Vitamin B6: 1.01mg (50.59%), Vitamin B3: 7.77mg (38.87%), Phosphorus: 352.49mg (35.25%), Vitamin B2: 0.46mg (27.11%), Manganese: 0.36mg (18.2%), Copper: 0.35mg (17.27%), Zinc: 2.58mg (17.23%), Potassium: 546.39mg (15.61%), Magnesium: 49.66mg (12.42%), Vitamin B5: 1.15mg (11.47%), Iron: 1.96mg (10.91%), Vitamin B12: 0.61µg (10.09%), Fiber: 1.15g (4.59%), Calcium: 43.05mg (4.3%), Vitamin A: 196.84IU (3.94%), Folate: 14.55µg (3.64%), Vitamin C: 2.88mg (3.49%), Vitamin E: 0.33mg (2.23%), Vitamin D: 0.28µg (1.89%)