



Grilled Pork Tenderloin Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon mustard dry
- 1 teaspoon garlic powder
- 0.5 teaspoon coarsely ground pepper
- 1.5 lb pork tenderloins
- 1 teaspoon salt
- 6 tablespoons vidalia onion barbecue sauce
- 6 hamburger buns whole wheat

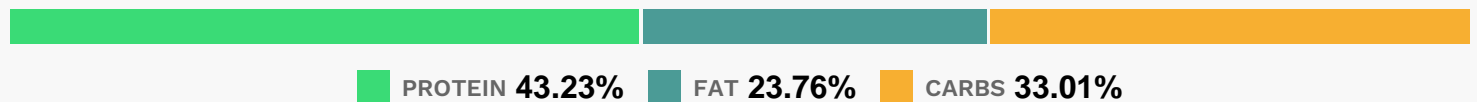
Equipment

- grill
- kitchen thermometer

Directions

- Stir together first 4 ingredients; rub pork tenderloins evenly with seasoning mixture. Lightly coat pork with vegetable cooking spray.
- Grill, covered with grill lid, over medium-high heat (350 to 400°F)
- to 12 minutes on each side or until a meat thermometer inserted into thickest portions registers 150°F
- Remove from grill, and let stand 10 minutes. Chop or slice, and serve on hamburger buns.
- Drizzle each sandwich with 1 Tbsp. Vidalia Onion Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:20.548260598403%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 261.39kcal (13.07%), Fat: 6.84g (10.52%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 19.46g (7.08%), Sugar: 3.35g (3.72%), Cholesterol: 73.71mg (24.57%), Sodium: 653.82mg (28.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28g (56.01%), Vitamin B1: 1.33mg (88.74%), Selenium: 49.54µg (70.77%), Vitamin B3: 9.54mg (47.71%), Vitamin B6: 0.93mg (46.6%), Phosphorus: 338.25mg (33.83%), Vitamin B2: 0.53mg (30.91%), Manganese: 0.52mg (25.78%), Zinc: 2.64mg (17.63%), Iron: 2.98mg (16.57%), Potassium: 540.27mg (15.44%), Magnesium: 53.23mg (13.31%), Folate: 53.05µg (13.26%), Vitamin B5: 1.19mg (11.89%), Copper: 0.21mg (10.55%), Vitamin B12: 0.59µg (9.9%), Fiber: 1.93g (7.71%), Calcium: 53.81mg (5.38%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.31mg (2.03%), Vitamin K: 1.72µg (1.64%)