



Grilled Pork Tenderloin Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon brown sugar
- 1 teaspoon chili powder
- 1 teaspoon granulated sugar
- 1 teaspoon ground cumin
- 0.3 cup jalapeno jelly hot
- 2 pound pork tenderloins trimmed
- 1 tablespoon paprika

- 0.3 cup ranch dressing light
- 1.5 teaspoons salt
- 1.5 ounce kaiser rolls
- 0.3 cup hickory smoke tomato-based barbecue sauce sweet (such as Bull's-Eye)
- 1 teaspoon water

Equipment

- grill
- kitchen thermometer
- aluminum foil

Directions

- Prepare grill to medium-high heat.
- Combine jelly and water; set aside.
- Combine paprika and next 6 ingredients (through pepper); rub evenly over pork.
- Place pork on grill rack coated with cooking spray; cover and grill 15 minutes, turning pork occasionally.
- Brush pork with jelly mixture. Grill an additional 5 minutes or until thermometer registers 155 (slightly pink).
- Place pork on a cutting surface. Lightly cover with foil; let stand 10 minutes. Thinly slice pork.
- Combine ranch dressing and barbecue sauce.
- Serve pork and ranch mixture with buns.

Nutrition Facts



PROTEIN 50.69% FAT 28.83% CARBS 20.48%

Properties

Glycemic Index:28.64, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:17.071739170862%

Nutrients (% of daily need)

Calories: 198.97kcal (9.95%), Fat: 6.24g (9.6%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.31g (3.39%), Sugar: 6.28g (6.97%), Cholesterol: 75.66mg (25.22%), Sodium: 634.15mg (27.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.37%), Vitamin B1: 1.17mg (77.92%), Selenium: 36.82µg (52.59%), Vitamin B6: 0.92mg (45.99%), Vitamin B3: 8.01mg (40.06%), Phosphorus: 306.44mg (30.64%), Vitamin B2: 0.43mg (25.26%), Zinc: 2.28mg (15.17%), Potassium: 518.2mg (14.81%), Vitamin A: 595.79IU (11.92%), Vitamin K: 11.7µg (11.15%), Vitamin B5: 1.07mg (10.69%), Vitamin B12: 0.6µg (10.03%), Iron: 1.8mg (10.02%), Magnesium: 36.48mg (9.12%), Copper: 0.13mg (6.57%), Vitamin E: 0.9mg (6%), Manganese: 0.1mg (5.08%), Fiber: 0.66g (2.64%), Calcium: 22.91mg (2.29%), Folate: 6.54µg (1.63%), Vitamin D: 0.23µg (1.56%), Vitamin C: 1.24mg (1.51%)