



Grilled Pork Tenderloin Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup pepper jelly
- ☐ 2 pounds pork tenderloin trimmed 3 tenderloins
- ☐ 1 tablespoon paprika
- ☐ 0.3 cup ranch dressing light
- ☐ 1 teaspoon salt

- ☐ 0.3 cup hickory smoke tomato-based barbecue sauce sweet
- ☐ 1.5 ounce white-wheat hamburger buns

Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Microwave jelly at HIGH 15 seconds or until melted.
- ☐ Combine paprika and next 4 ingredients; 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. Grill an additional 5 minutes or until thermometer registers 160 (slightly pink).
- ☐ Place pork on a cutting surface. Lightly cover with foil; let stand 10 minutes.
- ☐ While pork stands, combine ranch dressing and barbecue sauce in a large bowl.
- ☐ Cut pork into thin slices.
- ☐ Spread 1 tablespoon dressing mixture over bottom of each bun.
- ☐ Place pork slices evenly over dressing, and cover with bun tops.
- ☐ Stir together ranch dressing and barbecue sauce
- ☐ Place bottom bun half on plate, and top sandwich with remaining bun half
- ☐ Brush pork with jelly
- ☐ Spread ranch dressing mixture on bun

Nutrition Facts



 **PROTEIN 48.19%**  **FAT 27.39%**  **CARBS 24.42%**

Properties

Glycemic Index:22.75, Glycemic Load:5.71, Inflammation Score:-5, Nutrition Score:17.141738984896%

Nutrients (% of daily need)

Calories: 209.97kcal (10.5%), Fat: 6.24g (9.6%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.77g (4.28%), Sugar: 7.25g (8.05%), Cholesterol: 75.66mg (25.22%), Sodium: 489.71mg (21.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.42%), Vitamin B1: 1.17mg (78.02%), Selenium: 37.03µg (52.89%), Vitamin B6: 0.92mg (46.09%), Vitamin B3: 8.02mg (40.08%), Phosphorus: 308.28mg (30.83%), Vitamin B2: 0.44mg (25.71%), Zinc: 2.28mg (15.2%), Potassium: 525.35mg (15.01%), Vitamin K: 11.5µg (10.95%), Vitamin A: 544.33IU (10.89%), Vitamin B5: 1.07mg (10.7%), Iron: 1.85mg (10.25%), Vitamin B12: 0.6µg (10.03%), Magnesium: 36.73mg (9.18%), Copper: 0.14mg (7.02%), Vitamin E: 0.91mg (6.08%), Manganese: 0.09mg (4.49%), Fiber: 0.75g (2.98%), Calcium: 24.79mg (2.48%), Folate: 7.69µg (1.92%), Vitamin C: 1.57mg (1.9%), Vitamin D: 0.23µg (1.56%)