



Grilled Pork Tenderloin Sandwiches

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup orange marmalade
- 0.3 cup dijon mustard
- 1 tablespoon vegetable oil
- 0.8 pound pork tenderloin
- 1 pound bread french cut into thin slices
- 1 serving romaine leaves

Equipment

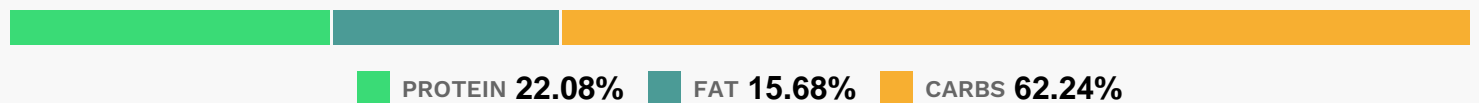
- bowl

- grill
- kitchen thermometer

Directions

- Heat coals or gas grill for direct heat. In small bowl, mix marmalade and 1 tablespoon of the mustard.
- Brush oil over pork. Cover and grill pork over medium heat 15 to 20 minutes, turning occasionally, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F. Lightly brush 1 tablespoon marmalade mixture over pork for last few minutes of grilling.
- Spread remaining 3 tablespoons mustard on one side of bread slices.
- Cut pork into thin slices.
- Place lettuce and pork on half of bread slices.
- Heat remaining marmalade mixture to boiling; drizzle over pork. Top with remaining bread.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:30.28, Inflammation Score:-6, Nutrition Score:17.917826129043%

Nutrients (% of daily need)

Calories: 366.23kcal (18.31%), Fat: 6.45g (9.92%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 57.59g (19.2%), Net Carbohydrates: 55.25g (20.09%), Sugar: 19.68g (21.87%), Cholesterol: 36.85mg (12.28%), Sodium: 614.77mg (26.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.43g (40.87%), Vitamin B1: 1.12mg (74.57%), Selenium: 42.51µg (60.73%), Vitamin B3: 7.48mg (37.4%), Vitamin B2: 0.53mg (31.26%), Vitamin B6: 0.53mg (26.54%), Folate: 97.63µg (24.41%), Manganese: 0.46mg (23.23%), Phosphorus: 230.59mg (23.06%), Iron: 3.75mg (20.82%), Zinc: 1.93mg (12.88%), Magnesium: 45.53mg (11.38%), Copper: 0.2mg (9.85%), Potassium: 344.47mg (9.84%), Fiber: 2.34g (9.34%), Vitamin B5: 0.76mg (7.62%), Vitamin A: 321.19IU (6.42%), Calcium: 60.82mg (6.08%), Vitamin B12: 0.29µg (4.91%), Vitamin K: 4.85µg (4.62%), Vitamin E: 0.53mg (3.55%), Vitamin C: 2.04mg (2.47%), Vitamin D: 0.17µg (1.13%)