



## Grilled Pork Tenderloin with Firecracker Marinade

 Gluten Free  Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup barbecue sauce
- 2 tablespoons brown sugar packed
- 2 tablespoons vegetable oil
- 2 tablespoons citrus champagne vinegar
- 2 tablespoons soya sauce
- 1 teaspoons hot sauce red
- 1 clove garlic finely chopped

- 2.3 lb pork tenderloin
- 3 large bell pepper red yellow cut into strips
- 2 tablespoons vegetable oil
- 1 tablespoon balsamic vinegar
- 1 serving salt to taste
- 2 cloves garlic finely chopped

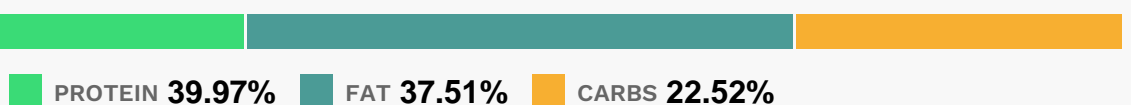
## Equipment

- bowl
- grill
- kitchen thermometer
- ziploc bags

## Directions

- In resealable food-storage plastic bag, mix barbecue sauce, brown sugar, 2 tablespoons oil, the white wine vinegar, soy sauce, pepper sauce and 1 clove garlic.
- Add pork; turn to coat. Seal bag and refrigerate, turning pork occasionally, at least 2 hours but no longer than 12 hours.
- Heat coals or gas grill for direct heat. In large bowl, mix bell peppers, 2 tablespoons oil, the balsamic vinegar, salt and 2 cloves garlic.
- Remove pork from marinade; reserve marinade.
- Cover and grill pork over medium heat 20 to 25 minutes, brushing occasionally with marinade and turning once, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F. Discard any remaining marinade.
- Cut pork into slices; arrange on platter with bell pepper mixture.

## Nutrition Facts



## Properties

Glycemic Index:15.63, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:23.679565097975%

## Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 281.08kcal (14.05%), Fat: 11.57g (17.81%), Saturated Fat: 2.58g (16.09%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 14.78g (5.37%), Sugar: 9.24g (10.26%), Cholesterol: 82.92mg (27.64%), Sodium: 542.45mg (23.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.75g (55.5%), Vitamin C: 128.84mg (156.17%), Vitamin B1: 1.28mg (85.43%), Vitamin B6: 1.13mg (56.57%), Selenium: 39.33µg (56.18%), Vitamin B3: 9.35mg (46.75%), Phosphorus: 338.74mg (33.87%), Vitamin B2: 0.47mg (27.4%), Potassium: 713.17mg (20.38%), Zinc: 2.57mg (17.14%), Vitamin B5: 1.24mg (12.42%), Vitamin K: 12.86µg (12.25%), Magnesium: 47.91mg (11.98%), Vitamin B12: 0.66µg (11.06%), Copper: 0.21mg (10.65%), Iron: 1.86mg (10.31%), Manganese: 0.17mg (8.49%), Vitamin E: 0.98mg (6.54%), Folate: 19.4µg (4.85%), Vitamin A: 183IU (3.66%), Fiber: 0.85g (3.4%), Calcium: 27.47mg (2.75%), Vitamin D: 0.38µg (2.55%)