



Grilled Pork Tenderloin with Garlic and Lime



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb pork tenderloin
- ☐ 4 cloves garlic thinly sliced
- ☐ 2 tablespoons lime zest grated
- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.5 teaspoon honey
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper black freshly ground

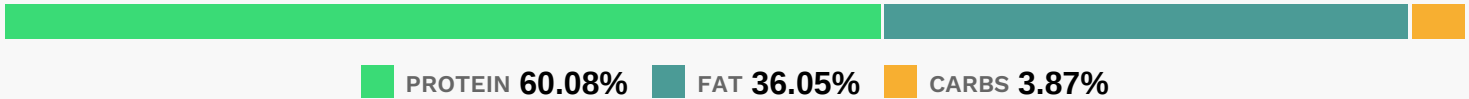
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Cut small, 1/4- to 1/2-inch-deep slits in top of each pork tenderloin. Insert garlic slices into slits.
- ☐ In small bowl, mix lime peel, oil, lime juice, honey, salt and pepper until well blended.
- ☐ When grill is heated, brush pork tenderloins with lime mixture.
- ☐ Place pork on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook 18 to 22 minutes, turning several times, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F.
- ☐ Cut pork into slices to serve.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:14.768260947064%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 161.99kcal (8.1%), Fat: 6.29g (9.67%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.4g (0.51%), Sugar: 0.56g (0.62%), Cholesterol: 73.71mg (24.57%), Sodium: 156.31mg (6.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.14%), Vitamin B1: 1.12mg (74.58%), Selenium: 34.66µg

(49.51%), Vitamin B6: 0.89mg (44.7%), Vitamin B3: 7.52mg (37.59%), Phosphorus: 279.3mg (27.93%), Vitamin B2: 0.39mg (22.66%), Zinc: 2.15mg (14.33%), Potassium: 458.54mg (13.1%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.97mg (9.68%), Magnesium: 31.46mg (7.86%), Iron: 1.16mg (6.42%), Copper: 0.11mg (5.47%), Vitamin K: 4.29µg (4.09%), Vitamin E: 0.44mg (2.97%), Manganese: 0.06mg (2.79%), Vitamin D: 0.34µg (2.27%), Vitamin C: 1.71mg (2.07%), Calcium: 11.6mg (1.16%)