



Grilled Pork Tenderloin With Molasses Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken broth
- 1 teaspoon cornstarch
- 2 tablespoons dijon mustard
- 1 cup cooking wine dry white
- 2 tablespoons rosemary fresh chopped
- 2 garlic cloves chopped
- 0.5 cup blackstrap molasses
- 1 tablespoon olive oil

- 1 small onion chopped
- 0.5 teaspoon pepper freshly ground
- 1.5 pound pork tenderloins
- 6 servings garnish: rosemary sprigs fresh
- 0.5 teaspoon salt
- 1 tablespoon water

Equipment

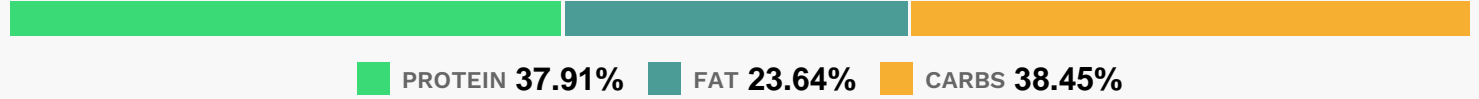
- frying pan
- sauce pan
- sieve
- grill
- kitchen thermometer
- ziploc bags

Directions

- Stir together first 6 ingredients; remove half of mixture, and chill.
- Place tenderloins in a shallow dish or heavy-duty zip-top plastic bag; pour remaining molasses mixture over tenderloins. Cover or seal, and chill 8 hours, turning occasionally.
- Remove tenderloins from marinade, discarding marinade.
- Grill tenderloins, covered with grill lid, over medium heat (300 to 350°F)
- about 25 minutes or until a meat thermometer inserted into thickest portion registers 160, turning occasionally.
- Saut onion and garlic in 1 tablespoon hot oil in a saucepan until tender.
- Add wine and broth; cook over medium-high heat, stirring occasionally, until mixture is reduced by three-fourths. Stir in remaining molasses mixture, and simmer 5 minutes.
- Pour through a wire-mesh strainer, discarding onion and garlic; return to pan.
- Stir together cornstarch and water. Stir into wine mixture.
- Bring to a boil over medium heat, stirring constantly. Boil, stirring constantly, 1 minute.

- Stir in 1/2 teaspoon salt.
- Serve with sliced tenderloin.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:9.77, Inflammation Score:-6, Nutrition Score:19.936087100402%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 285.4kcal (14.27%), Fat: 6.69g (10.3%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 23.87g (8.68%), Sugar: 22.11g (24.56%), Cholesterol: 74.49mg (24.83%), Sodium: 466.55mg (20.28%), Alcohol: 4.12g (100%), Alcohol %: 2.13% (100%), Protein: 24.14g (48.29%), Vitamin B1: 1.15mg (76.87%), Selenium: 41.48µg (59.25%), Vitamin B6: 1.11mg (55.5%), Vitamin B3: 7.94mg (39.72%), Phosphorus: 304.16mg (30.42%), Manganese: 0.59mg (29.66%), Magnesium: 107.94mg (26.98%), Potassium: 927.36mg (26.5%), Vitamin B2: 0.42mg (24.77%), Zinc: 2.35mg (15.69%), Iron: 2.79mg (15.49%), Copper: 0.26mg (13.09%), Vitamin B5: 1.24mg (12.39%), Vitamin B12: 0.6µg (9.96%), Calcium: 81.54mg (8.15%), Vitamin E: 0.62mg (4.16%), Fiber: 0.62g (2.46%), Vitamin D: 0.34µg (2.27%), Vitamin K: 1.98µg (1.88%), Vitamin C: 1.4mg (1.7%), Folate: 4.06µg (1.01%)