



Grilled Pork Tenderloin with Plums

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



6

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup port wine
- 0.3 cup orange juice
- 1 tablespoon apple cider vinegar
- 0.5 teaspoon garlic salt
- 1.5 pound pork tenderloin
- 6 plums pitted cut in half
- 0.3 cup plums

Equipment

- grill
- kitchen thermometer

Directions

- Mix all Port Wine Marinade ingredients.
- Place pork in shallow glass or plastic dish. Using meat injector, fill injector container to 1-ounce line. Inject marinade into pork every 1 to 2 inches, pushing plunger down slowly. Refill container and continue to inject marinade until marinade is used. Cover and refrigerate 1 hour.
- Heat coals or gas grill for direct heat. Cover and grill pork 4 to 5 inches from medium heat 20 to 25 minutes, brushing with jam during last minute of grilling, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F.
- Add plums to grill for last 4 to 6 minutes, brushing with jam during last minute of grilling, until hot
- Cut pork into slices; serve with plums.

Nutrition Facts



Properties

Glycemic Index:28.22, Glycemic Load:3.38, Inflammation Score:-4, Nutrition Score:16.49304330349%

Flavonoids

Cyanidin: 4.1mg, Cyanidin: 4.1mg, Cyanidin: 4.1mg, Cyanidin: 4.1mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg Catechin: 3.09mg, Catechin: 3.09mg, Catechin: 3.09mg, Catechin: 3.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 3.09mg, Epicatechin: 3.09mg, Epicatechin: 3.09mg, Epicatechin: 3.09mg Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 190.78kcal (9.54%), Fat: 4.23g (6.5%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 9.73g (3.54%), Sugar: 8.89g (9.87%), Cholesterol: 73.71mg (24.57%), Sodium: 253.89mg (11.04%), Alcohol: 1.53g (100%), Alcohol %: 0.93% (100%), Protein: 24.02g (48.04%), Vitamin B1: 1.15mg (76.34%), Selenium: 34.42µg (49.18%), Vitamin B6: 0.89mg (44.64%), Vitamin B3: 7.86mg (39.31%), Phosphorus: 290.07mg (29.01%), Vitamin B2: 0.41mg (23.88%), Potassium: 591.8mg (16.91%), Zinc: 2.21mg (14.71%), Vitamin C: 12.09mg (14.65%), Vitamin B5: 1.07mg (10.7%), Vitamin B12: 0.59µg (9.83%), Magnesium: 37.89mg (9.47%), Copper: 0.15mg (7.59%), Iron: 1.28mg (7.08%), Vitamin A: 274.35IU (5.49%), Vitamin K: 4.67µg (4.45%), Fiber: 1.04g (4.16%), Manganese: 0.07mg (3.69%), Vitamin E: 0.44mg (2.95%), Vitamin D: 0.34µg (2.27%), Folate: 6.74µg (1.69%), Calcium: 13.41mg (1.34%)