



Grilled Pork Tenderloin with Raspberry-Chipotle Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon chili powder
- ☐ 1 teaspoons chipotles in adobo finely chopped (from 7-oz can)
- ☐ 0.3 teaspoon pepper
- ☐ 1 lb pork tenderloin
- ☐ 0.3 cup raspberry jam red seedless
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vegetable oil

☐ 1 teaspoon water

Equipment

☐ bowl

☐ grill

☐ microwave

Directions

☐ Heat closed medium-size contact grill for 5 minutes. Position drip tray to catch drippings.

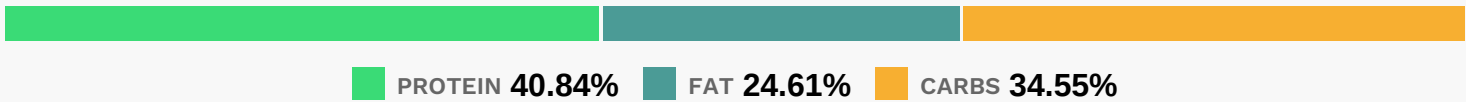
☐ Meanwhile, cut pork in half lengthwise, then cut crosswise to make 4 equal pieces.

☐ Brush all sides with oil; sprinkle with salt, chili powder and pepper.

☐ When grill is heated, place pork on grill. Close grill; cook 7 to 9 minutes or until no longer pink in center.

☐ Meanwhile, in small microwavable bowl, mix jam, chiles and water. Microwave uncovered on High 20 to 30 seconds or until jam is melted and mixture is warm; stir well. To serve, drizzle raspberry mixture over pork.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:10.58, Inflammation Score:-2, Nutrition Score:15.197825874971%

Nutrients (% of daily need)

Calories: 236.59kcal (11.83%), Fat: 6.31g (9.71%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 19.38g (7.05%), Sugar: 13.84g (15.38%), Cholesterol: 73.71mg (24.57%), Sodium: 362.92mg (15.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.14%), Vitamin B1: 1.12mg (74.59%), Selenium: 34.98µg (49.98%), Vitamin B6: 0.88mg (43.94%), Vitamin B3: 7.54mg (37.68%), Phosphorus: 281.89mg (28.19%), Vitamin B2: 0.41mg (23.9%), Zinc: 2.15mg (14.34%), Potassium: 474.07mg (13.54%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.96mg (9.59%), Magnesium: 32.36mg (8.09%), Iron: 1.33mg (7.37%), Copper: 0.13mg (6.69%), Vitamin K: 4.61µg (4.39%), Vitamin E: 0.56mg (3.76%), Vitamin C: 2.5mg (3.02%), Manganese: 0.05mg (2.41%), Vitamin D: 0.34µg (2.27%), Fiber: 0.56g (2.22%), Vitamin A: 77.14IU (1.54%), Calcium: 14.07mg (1.41%)