



Grilled Pork Tenderloin With Yogurt and Lime

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 teaspoons ground coriander
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon pepper
- ☐ 3 cups yogurt plain

- ☐ 2 pound pork tenderloins
- ☐ 1 teaspoon salt

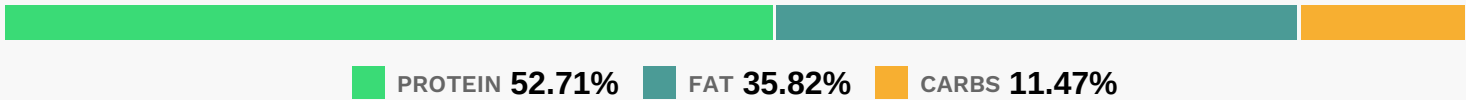
Equipment

- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Sprinkle pork evenly with salt and pepper.
- ☐ Place in a baking dish or large zip-top plastic freezer bag.
- ☐ Stir together yogurt and next 6 ingredients. Reserve 1 cup yogurt mixture; cover and chill.
- ☐ Spoon remaining yogurt mixture over pork, rubbing evenly over pork. Cover or seal, and chill 2 hours.
- ☐ Remove pork from marinade, discarding marinade.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 400), 20 minutes, turning once, or until meat thermometer inserted into thickest portion registers 15
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Cut into 1/2-inch slices; serve with reserved 1 cup yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:0.96, Inflammation Score:-4, Nutrition Score:17.844782710075%

Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 207.74kcal (10.39%), Fat: 8.12g (12.49%), Saturated Fat: 3.42g (21.37%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 5.31g (1.93%), Sugar: 4.36g (4.85%), Cholesterol: 85.65mg (28.55%), Sodium: 393.3mg (17.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.89g (53.77%), Vitamin B1: 1.15mg (76.48%), Selenium: 36.69µg (52.41%), Vitamin B6: 0.92mg (45.84%), Vitamin B3: 7.64mg (38.2%), Phosphorus: 369.62mg (36.96%), Vitamin B2: 0.52mg (30.81%), Zinc: 2.74mg (18.25%), Potassium: 622.95mg (17.8%), Vitamin B12: 0.93µg (15.49%), Vitamin B5: 1.33mg (13.31%), Calcium: 132.29mg (13.23%), Magnesium: 46.57mg (11.64%), Iron: 1.43mg (7.93%), Copper: 0.13mg (6.57%), Manganese: 0.11mg (5.71%), Vitamin A: 216.17IU (4.32%), Vitamin C: 3.01mg (3.65%), Vitamin E: 0.46mg (3.07%), Vitamin D: 0.43µg (2.88%), Folate: 10.11µg (2.53%), Fiber: 0.54g (2.17%), Vitamin K: 1.24µg (1.18%)