



 **11%**
HEALTH SCORE

Grilled Pork Tenderloins

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

READY IN



30 min.

SERVINGS



8

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup honey
- 0.3 cup soy sauce reduced-sodium
- 0.3 cup teriyaki sauce
- 3 tablespoons brown sugar
- 1 tablespoon ginger fresh minced
- 3 garlic clove minced
- 4 teaspoons catsup
- 0.5 teaspoon onion powder

- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground pepper
- 2 pound pork tenderloin
- 1 serving rice hot cooked

Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- grill
- aluminum foil
- ziploc bags

Directions

- In a large bowl, combine all of the marinade ingredients.
- Whisk together and set aside. Next, place the tenderloins into a resealable, gallon-size plastic bag or pan with deep sides.
- Pour half of the marinade over the tenderloins and turn to coat them completely. Seal bag or cover your sheet pan with plastic wrap; refrigerate 8 hours or overnight. Turn the pork occasionally to ensure all sides of the pork have a chance to soak submerged in the marinade. Cover and refrigerate remaining marinade.
- Drain and discard the marinade from the meat. Grill, covered, over direct heat for 2 to 3 minutes on all sides to char the meat's exterior. Then move the tenderloins over indirect medium heat for 20 to 30 minutes. Turn the meat occasionally and baste with the reserved marinade. Continue to cook until the internal temperature of the meat reads 145°F.
- Remove promptly.
- Rest the tenderloin on a large platter covered with foil for 10 minutes and then cut into wide slices.

Nutrition Facts



■ PROTEIN **44.42%** ■ FAT **16.02%** ■ CARBS **39.56%**

Properties

Glycemic Index:30.41, Glycemic Load:9.19, Inflammation Score:-2, Nutrition Score:16.0560867605%

Flavonoids

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: 231.53kcal (11.58%), Fat: 4.09g (6.3%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 22.44g (8.16%), Sugar: 18.29g (20.32%), Cholesterol: 73.71mg (24.57%), Sodium: 926.09mg (40.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.08%), Vitamin B1: 1.13mg (75.13%), Selenium: 35.66µg (50.95%), Vitamin B6: 0.93mg (46.64%), Vitamin B3: 7.89mg (39.44%), Phosphorus: 320mg (32%), Vitamin B2: 0.43mg (25.24%), Potassium: 545.04mg (15.57%), Zinc: 2.33mg (15.51%), Magnesium: 48.44mg (12.11%), Vitamin B5: 1.07mg (10.72%), Vitamin B12: 0.59µg (9.83%), Iron: 1.61mg (8.95%), Manganese: 0.17mg (8.49%), Copper: 0.14mg (7.05%), Vitamin E: 0.36mg (2.39%), Calcium: 22.94mg (2.29%), Vitamin D: 0.34µg (2.27%), Folate: 6.77µg (1.69%), Fiber: 0.31g (1.22%)