



Grilled Pork Tenderloins with Vegetable Medley

 **Gluten Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup seasoning italian
- 3 cloves garlic finely chopped
- 2 pound pork tenderloin
- 3 small onion cut into fourths
- 2 medium zucchini cut into 1/2-inch slices
- 1 cup baby carrots cut lengthwise into fourths
- 1 large bell pepper red cut into 1-inch pieces

- 2 cups mushrooms whole
- 2 tablespoons seasoning italian
- 1 serving parmesan cheese grated

Equipment

- frying pan
- grill

Directions

- Mix 1/2 cup dressing and the garlic in shallow glass or plastic dish or resealable plastic food-storage bag.
- Add pork; turn to coat with marinade. Cover dish or seal bag and refrigerate at least 2 hours but no longer than 12 hours.
- Heat coals or gas grill for direct heat.
- Mix remaining ingredients except cheese in square aluminum pan, 9x9x2 inches.
- Remove pork from marinade; reserve marinade. Cover and grill pork and pan of vegetables 4 to 5 inches from medium heat 15 to 20 minutes, brushing pork occasionally with marinade and turning once, until pork is slightly pink in center and vegetables are crisp-tender. Stir vegetables 2 or 3 times during grilling. Discard any remaining marinade.
- Cut pork into slices.
- Sprinkle cheese over vegetables.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:1.72, Inflammation Score:-10, Nutrition Score:36.610435361448%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 266.46kcal (13.32%), Fat: 7.45g (11.46%), Saturated Fat: 2.76g (17.23%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 9.57g (3.48%), Sugar: 6.16g (6.85%), Cholesterol: 102.63mg (34.21%), Sodium: 193.75mg (8.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.88g (71.76%), Vitamin B1: 1.59mg (106.11%), Vitamin A: 4071.84IU (81.44%), Vitamin B6: 1.52mg (76.11%), Selenium: 51.53µg (73.62%), Vitamin C: 51.1mg (61.93%), Vitamin B3: 12.15mg (60.74%), Phosphorus: 485.37mg (48.54%), Vitamin B2: 0.79mg (46.4%), Vitamin K: 41.63µg (39.65%), Potassium: 1112.43mg (31.78%), Manganese: 0.57mg (28.6%), Zinc: 3.75mg (25.02%), Iron: 4.38mg (24.35%), Vitamin B5: 2.17mg (21.7%), Fiber: 5.2g (20.8%), Magnesium: 81.8mg (20.45%), Copper: 0.35mg (17.65%), Calcium: 174.69mg (17.47%), Folate: 59.88µg (14.97%), Vitamin B12: 0.87µg (14.44%), Vitamin E: 1.91mg (12.76%), Vitamin D: 0.54µg (3.62%)