



Grilled Pork Tenderloins with Vegetable Medley

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots cut lengthwise into fourths
- 3 cloves garlic finely chopped
- 2 cups mushrooms whole
- 3 small onion cut into fourths
- 6 servings parmesan cheese grated
- 2 pound pork tenderloin
- 1 large bell pepper red cut into 1-inch pieces

- 0.5 cup the dressing italian
- 2 tablespoons the dressing italian
- 2 medium zucchini cut into 1/2-inch slices

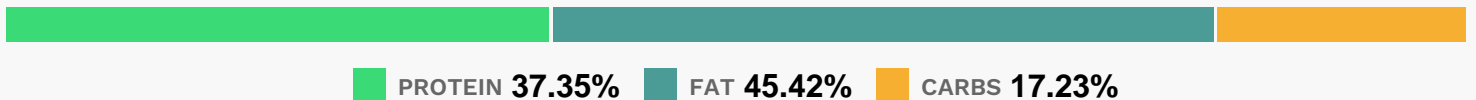
Equipment

- 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:22.67, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:36.889565675155%

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: 462.41kcal (23.12%), Fat: 23.23g (35.75%), Saturated Fat: 7.94g (49.63%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 17.04g (6.19%), Sugar: 11.5g (12.78%), Cholesterol: 135.11mg (45.04%), Sodium: 852.25mg (37.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.99g (85.98%), Vitamin B1: 1.6mg (106.49%), Selenium: 61.28µg (87.55%), Vitamin A: 4208.18IU (84.16%), Vitamin B6: 1.49mg (74.26%), Phosphorus: 646.47mg (64.65%), Vitamin C: 51.12mg (61.97%), Vitamin B3: 11.92mg (59.6%), Vitamin B2: 0.86mg (50.56%), Zinc: 4.73mg (31.5%), Potassium: 1096.19mg (31.32%), Calcium: 307.55mg (30.75%), Vitamin K: 24.13µg (22.98%), Vitamin B5: 2.23mg (22.34%), Vitamin B12: 1.23µg (20.46%), Magnesium: 76.04mg (19.01%), Manganese: 0.34mg (16.93%), Copper: 0.33mg (16.59%), Iron: 2.5mg (13.87%), Folate: 48.99µg (12.25%), Vitamin E: 1.81mg (12.09%), Fiber: 2.79g (11.17%), Vitamin D: 0.67µg (4.45%)