



 **55%**
HEALTH SCORE

Grilled Spice-Rubbed Pork Tenderloin with Sweet Potatoes and Scallions

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

READY IN



45 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 0.3 teaspoon cayenne
- 5 tablespoons cooking oil
- 1 teaspoon thyme leaves dried
- 4 servings fresh-ground pepper black
- 0.1 teaspoon nutmeg
- 1.5 pounds pork tenderloin

- 1 teaspoon salt
- 12 scallions including 2 inches of top green end trimmed
- 1.5 pounds sweet potatoes peeled
- 0.5 teaspoon red-wine vinegar

Equipment

- bowl
- pot
- grill

Directions

- Light the grill. In a small bowl, combine 3 tablespoons of the oil with the cayenne, thyme, nutmeg, brown sugar, vinegar, 3/4 teaspoon of the salt, and 1/4 teaspoon black pepper. Rub the mixture over the pork.
- Bring a medium pot of water to a boil.
- Add the sweet potatoes and cook until almost tender, about 5 minutes.
- Drain.
- Brush the sweet potatoes and the scallions with the remaining 2 tablespoons oil and sprinkle with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Grill the pork over moderate heat, turning once, until done to medium, 12 to 15 minutes in all.
- Transfer the pork to a carving board and leave to rest in a warm spot.
- Grill the sweet potatoes and scallions, turning, until tender, about 5 minutes.
- Cut the pork into 1/2-inch diagonal slices.
- Serve with the vegetables.
- Variation: Substitute 1 pound of asparagus spears for the scallions. Snap off the tough ends and use an additional tablespoon of oil for brushing the spears. Grill for about 10 minutes.
- Wine Recommendation: Australian Shiraz's lush, jammy fruit flavor makes it a great partner for grilled meats. Try one here for an inexpensive but tasty treat.

Nutrition Facts



■ PROTEIN 29.17% ■ FAT 40.43% ■ CARBS 30.4%

Properties

Glycemic Index:56, Glycemic Load:17.47, Inflammation Score:-10, Nutrition Score:38.929130284683%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 529.81kcal (26.49%), Fat: 23.72g (36.5%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 40.14g (13.38%), Net Carbohydrates: 33.93g (12.34%), Sugar: 10.89g (12.11%), Cholesterol: 110.56mg (36.85%), Sodium: 770.23mg (33.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.51g (77.02%), Vitamin A: 24556.13IU (491.12%), Vitamin B1: 1.82mg (121.66%), Vitamin K: 94.61µg (90.1%), Vitamin B6: 1.68mg (84.24%), Selenium: 52.84µg (75.49%), Vitamin B3: 12.41mg (62.04%), Phosphorus: 507.93mg (50.79%), Vitamin B2: 0.71mg (41.66%), Potassium: 1351.52mg (38.61%), Vitamin B5: 2.82mg (28.17%), Manganese: 0.56mg (28.04%), Vitamin E: 4.13mg (27.56%), Zinc: 3.86mg (25.7%), Fiber: 6.2g (24.81%), Magnesium: 96.99mg (24.25%), Copper: 0.44mg (22.23%), Iron: 3.58mg (19.89%), Vitamin B12: 0.88µg (14.74%), Vitamin C: 11.08mg (13.43%), Folate: 42.66µg (10.67%), Calcium: 95.51mg (9.55%), Vitamin D: 0.51µg (3.4%)