



Grilled Teriyaki Pork Tenderloin and Pineapple

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

READY IN



520 min.

SERVINGS



6

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cloves garlic finely chopped
- 2 tablespoons catsup
- 0.3 teaspoon pepper
- 1 pineapple peeled cut into 1/2-inch slices
- 1.5 pound pork tenderloin
- 0.3 cup soya sauce
- 0.3 cup vegetable oil
- 1 tablespoon vinegar white

Equipment

- frying pan
- toothpicks
- grill

Directions

- Mix all Teriyaki Marinade ingredients. Fold thin end of each pork tenderloin under so pork is an even thickness; secure with toothpicks.
- Place pork in resealable plastic food-storage bag or shallow glass or plastic dish.
- Pour marinade over pork; turn pork to coat with marinade. Seal bag or cover dish and refrigerate at least 8 hours but no longer than 24 hours, turning pork occasionally.
- Brush grill rack with vegetable oil. If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox.
- Heat coals or gas grill for indirect heat.
- Remove pork from marinade; reserve marinade. Cover and grill pork over drip pan or over unheated side of gas grill and 4 to 5 inches from medium heat 25 to 30 minutes, brushing occasionally with marinade and turning once, until pork is slightly pink in center.
- Cut pineapple slices in half.
- Add pineapple to grill for last 2 to 4 minutes of grilling, brushing with marinade and turning once. Discard any remaining marinade.
- Remove toothpicks from pork.
- Cut pork across grain into thin slices.
- Serve with pineapple.

Nutrition Facts



Properties

Glycemic Index:30.94, Glycemic Load:10.53, Inflammation Score:-5, Nutrition Score:25.804782224738%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 304.82kcal (15.24%), Fat: 13.29g (20.45%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 19.81g (7.2%), Sugar: 16.1g (17.89%), Cholesterol: 73.71mg (24.57%), Sodium: 646.05mg (28.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.37g (50.74%), Vitamin C: 72.62mg (88.02%), Vitamin B1: 1.24mg (82.74%), Manganese: 1.5mg (74.81%), Vitamin B6: 1.08mg (53.82%), Selenium: 34.78µg (49.69%), Vitamin B3: 8.71mg (43.56%), Phosphorus: 303.26mg (30.33%), Vitamin B2: 0.45mg (26.74%), Potassium: 649.78mg (18.57%), Vitamin K: 18.06µg (17.2%), Zinc: 2.36mg (15.76%), Copper: 0.29mg (14.42%), Magnesium: 53.65mg (13.41%), Vitamin B5: 1.32mg (13.16%), Iron: 1.81mg (10.07%), Vitamin B12: 0.59µg (9.83%), Fiber: 2.25g (8.98%), Folate: 29.38µg (7.35%), Vitamin E: 1.1mg (7.32%), Calcium: 31.43mg (3.14%), Vitamin A: 115.95IU (2.32%), Vitamin D: 0.34µg (2.27%)