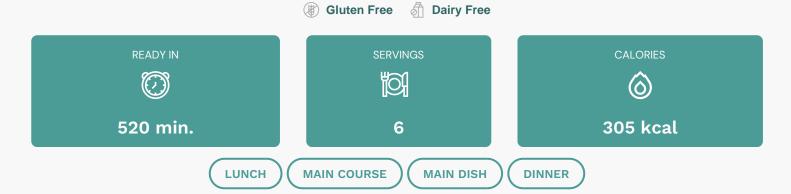


# Grilled Teriyaki Pork Tenderloin and Pineapple



### 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

Nutrition Facts	
	Serve with pineapple.
	Cut pork across grain into thin slices.
	Remove toothpicks from pork.
	Add pineapple to grill for last 2 to 4 minutes of grilling, brushing with marinade and turning once. Discard any remaining marinade.
	Cut pineapple slices in half.
	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 slightlypink in center.
	Heat coals or gas grill for indirect heat.
	Brush grill rack with vegetable oil. If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox.
	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.
	Place pork in resealable plastic food-storage bag or shallow glass or plastic dish.
	Mix all Teriyaki Marinade ingredients. Fold thin end of each pork tenderloin under so pork is an even thickness; secure with toothpicks.

#### **Properties**

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

PROTEIN 32.81% 📕 FAT 38.67% 📕 CARBS 28.52%

### Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: Og (100%), Alcohol %: O% (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%)