



Honey Lime Grilled Pork Tenderloin with Citrus Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon thyme sprigs fresh chopped
- 4 grapefruit peeled drained
- 0.3 cup honey
- 1.3 teaspoons kosher salt divided
- 0.3 cup juice of lime fresh (from 3 limes)
- 1.5 teaspoons lime zest shredded finely
- 1 small lemon zest ends trimmed cut in half horizontally,

- 2 navel oranges peeled drained
- 2.5 teaspoons olive oil extra virgin extra-virgin divided
- 1 lb pork tenderloin
- 0.3 cup pistachios unsalted chopped

Equipment

- bowl
- sauce pan
- whisk
- grill
- kitchen thermometer
- aluminum foil

Directions

- Preheat a grill for medium heat (350 to 450). Rub pork with 1/2 tsp. oil. In a bowl, whisk together zest, juice, honey, and 3/4 tsp. salt and divide between 2 bowls.
- Grill lemon, turning occasionally, until very soft, about 8 minutes, and grill pork, turning occasionally and brushing with half the lime glaze, until a thermometer inserted in the thickest part reaches 145, about 20 minutes.
- Let lemon cool, remove seeds and central white core, and chop finely.
- Transfer pork to a platter, tent with foil, and let rest about 10 minutes. Meanwhile, boil remaining glaze in a small saucepan, stirring occasionally, until thickened, about 5 minutes. Set aside.
- In a bowl, combine remaining 2 tsp. oil, grapefruits, oranges, thyme, remaining 1/2 tsp. salt, chopped lemon, and pistachios.
- Slice pork, brush with thickened glaze, and serve with citrus salsa.

Nutrition Facts



PROTEIN 25.48% **FAT 21.66%** **CARBS 52.86%**

Properties

Glycemic Index:44.94, Glycemic Load:14.97, Inflammation Score:-10, Nutrition Score:29.146956734035%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 18.41mg, Hesperetin: 18.41mg, Hesperetin: 18.41mg, Hesperetin: 18.41mg Naringenin: 88.63mg, Naringenin: 88.63mg, Naringenin: 88.63mg, Naringenin: 88.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 414.22kcal (20.71%), Fat: 10.51g (16.17%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 57.73g (19.24%), Net Carbohydrates: 51.08g (18.57%), Sugar: 41.94g (46.6%), Cholesterol: 73.71mg (24.57%), Sodium: 788.21mg (34.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.82g (55.65%), Vitamin C: 128.78mg (156.1%), Vitamin B1: 1.33mg (88.69%), Vitamin A: 3173.35IU (63.47%), Vitamin B6: 1.16mg (57.98%), Selenium: 35.58µg (50.83%), Vitamin B3: 8.49mg (42.43%), Phosphorus: 378.17mg (37.82%), Vitamin B2: 0.53mg (31.11%), Potassium: 1024.04mg (29.26%), Fiber: 6.65g (26.6%), Vitamin B5: 1.89mg (18.85%), Magnesium: 72.66mg (18.16%), Zinc: 2.61mg (17.4%), Copper: 0.33mg (16.32%), Folate: 63.75µg (15.94%), Manganese: 0.22mg (10.96%), Calcium: 108.36mg (10.84%), Iron: 1.93mg (10.7%), Vitamin B12: 0.59µg (9.83%), Vitamin E: 1.26mg (8.4%), Vitamin K: 2.65µg (2.52%), Vitamin D: 0.34µg (2.27%)