



## Honey Spice-Rubbed Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup classic catalina dressing divided kraft
- 1 tsp chili powder
- 1 tsp mustard dry
- 1 tsp garlic powder
- 1 Tbsp honey
- 0.5 tsp paprika
- 1 lb pork tenderloin
- 0.3 tsp thyme leaves dried

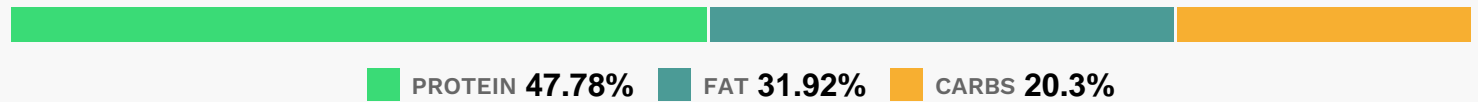
## Equipment

- grill
- cutting board

## Directions

- Heat grill to medium heat.
- Brush meat with 2 Tbsp. dressing.
- Mix dry seasonings; rub onto meat.
- Let stand 10 min. Meanwhile, mix remaining dressing and honey.
- Grill meat 20 to 25 min. or until done (145F), turning and brushing occasionally with remaining dressing mixture after 15 min.
- Transfer meat to cutting board; cover.
- Let stand 3 min. before slicing.

## Nutrition Facts



## Properties

Glycemic Index:2.61, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.363478253555%

## Nutrients (% of daily need)

Calories: 18.3kcal (0.91%), Fat: 0.63g (0.97%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.76g (0.85%), Cholesterol: 6.55mg (2.18%), Sodium: 23.46mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin B1: 0.1mg (6.66%), Selenium: 3.18µg (4.54%), Vitamin B6: 0.08mg (4.02%), Vitamin B3: 0.68mg (3.4%), Phosphorus: 25.43mg (2.54%), Vitamin B2: 0.04mg (2.07%), Zinc: 0.2mg (1.32%), Potassium: 42.79mg (1.22%)