



Jamaican Jerk Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 teaspoons brown sugar
- 2 teaspoons ginger fresh peeled chopped
- 2 teaspoons thyme leaves fresh
- 2 garlic cloves minced
- 2 cups green onions coarsely chopped
- 1 teaspoon ground allspice
- 0.1 teaspoon ground cinnamon

- 0.3 teaspoon ground nutmeg
- 2 teaspoons kosher salt
- 1.5 pound pork tenderloin trimmed
- 0.5 cup onion coarsely chopped
- 1 habanero peppers seeded chopped
- 1 tablespoon soya sauce
- 1 tablespoon vegetable oil
- 2 tablespoons vinegar white

Equipment

- food processor
- blender
- grill
- kitchen thermometer
- ziploc bags

Directions

- Place first 15 ingredients in a blender or food processor, and process until smooth.
- Slice pork lengthwise, cutting to, but not through, other side. Open halves, laying each side flat. Slice each half lengthwise, cutting to, but not through, other side; open flat.
- Combine pork and green onion mixture in a dish or large zip-top plastic bag. Cover or seal; marinate in refrigerator 3 to 24 hours.
- Remove pork from dish or bag; discard remaining marinade.
- Prepare grill.
- Place pork on grill rack coated with cooking spray; grill 8 minutes on each side or until meat thermometer registers 160 (slightly pink).

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:31.710869892784%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg

Nutrients (% of daily need)

Calories: 263.64kcal (13.18%), Fat: 7.39g (11.36%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 8.03g (2.92%), Sugar: 4.82g (5.35%), Cholesterol: 110.56mg (36.85%), Sodium: 1515.59mg (65.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.72g (75.45%), Vitamin B1: 1.76mg (117.25%), Vitamin K: 112.28µg (106.94%), Selenium: 53.14µg (75.91%), Vitamin B6: 1.48mg (73.9%), Vitamin B3: 12.03mg (60.16%), Phosphorus: 461.4mg (46.14%), Vitamin C: 37.12mg (44.99%), Vitamin B2: 0.65mg (38.21%), Potassium: 934.39mg (26.7%), Zinc: 3.56mg (23.7%), Magnesium: 66.55mg (16.64%), Iron: 2.95mg (16.37%), Vitamin B5: 1.57mg (15.67%), Vitamin B12: 0.87µg (14.46%), Manganese: 0.29mg (14.43%), Vitamin A: 660.32IU (13.21%), Copper: 0.25mg (12.43%), Fiber: 2.57g (10.29%), Folate: 40.51µg (10.13%), Vitamin E: 1.05mg (6.99%), Calcium: 67.48mg (6.75%), Vitamin D: 0.34µg (2.27%)