



Jerk Turkey Tenderloin With Raspberry-Chipotle Sauce



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



283 kcal

Ingredients

- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 tablespoons walkerswood jamaican jerk seasoning
- ☐ 0.5 cup orange juice fresh
- ☐ 1 cup raspberry-chipotle sauce
- ☐ 1.5 pounds turkey tenderloins

Equipment

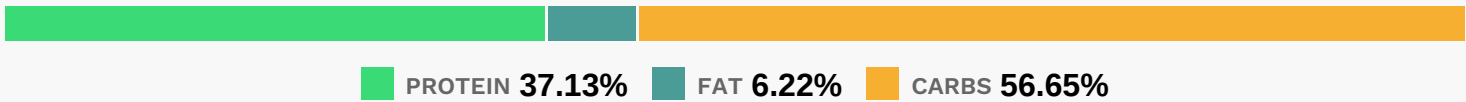
- ☐ grill
- ☐ kitchen thermometer

- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Rub seasoning evenly over tenderloins; sprinkle with rosemary, pressing into turkey. Cover and chill 1 hour.
- ☐ Stir together raspberry–chipotle sauce and orange juice in a microwave–safe glass measuring cup. Microwave at HIGH 1 minute, stirring once. Reserve 1/2 cup sauce in a separate container.
- ☐ Grill tenderloins, covered with grill lid, over medium–high heat (350 to 40
- ☐ minutes on each side or until a meat thermometer inserted into thickest portion registers 170, basting with reserved 1/2 cup sauce during the last 5 minutes.
- ☐ Let turkey stand 10 minutes before slicing.
- ☐ Serve with remaining sauce.
- ☐ Note: For testing purposes only, we used McCormick Caribbean Jerk Seasoning and Fischer and Wieser's The Original Roasted Raspberry Chipotle Sauce. The sauce may be found on the condiment aisle of large supermarkets or online at www.jelly.com. We loved the fresh flavor of the sauce, but you can omit it, if desired.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:4.112608715244%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 282.68kcal (14.13%), Fat: 2.01g (3.09%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 39.7g (14.44%), Sugar: 17.45g (19.39%), Cholesterol: 50.62mg (16.87%), Sodium: 131.86mg (5.73%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.9%), Vitamin C: 18.19mg (22.05%), Vitamin A: 851.95IU (17.04%), Manganese: 0.15mg (7.3%), Vitamin E: 1.08mg (7.21%), Fiber: 1.41g (5.65%), Iron: 0.68mg (3.8%), Vitamin B6: 0.07mg (3.6%), Potassium: 124.46mg (3.56%), Vitamin K: 3.24µg (3.08%), Copper: 0.05mg (2.74%), Folate: 10.71µg (2.68%), Vitamin B2: 0.05mg (2.67%), Vitamin B3: 0.49mg (2.43%), Magnesium: 8.82mg (2.2%), Vitamin B1: 0.03mg (2.11%), Calcium: 15.53mg (1.55%), Phosphorus: 14.57mg (1.46%), Selenium: 1.02µg (1.45%), Zinc: 0.16mg (1.08%)