



Maple-Balsamic Pork Tenderloins

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.5 pound pork tenderloins trimmed
- 0.5 cup maple-balsamic dressing divided
- 0.5 teaspoon salt

Equipment

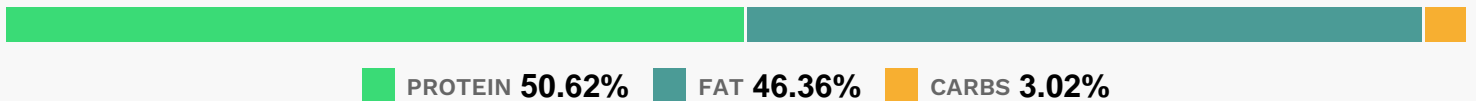
- sauce pan
- grill
- kitchen thermometer

- ziploc bags

Directions

- Slice tenderloins lengthwise, cutting to, but not through, other side. Open halves, laying tenderloins flat.
- Place tenderloins in a large zip-top plastic bag.
- Add 1/4 cup Maple-Balsamic Dressing; seal and shake to coat. Marinate in refrigerator 20 minutes or up to 8 hours, turning bag occasionally.
- Prepare grill to medium-high heat.
- Place the remaining 1/4 cup Maple-Balsamic Dressing in a small saucepan, and bring to a boil. Reduce heat, and simmer 2 minutes or until syrupy.
- Remove tenderloins from marinade; discard marinade.
- Sprinkle tenderloins evenly with salt and black pepper.
- Place on a grill rack coated with cooking spray; grill 8 minutes on each side or until a thermometer registers 155 or until desired degree of doneness.
- Remove pork from grill; cover and let stand 5 minutes.
- Cut pork across grain into thin slices, and drizzle with reduced Maple-Balsamic Dressing.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:14.366521802204%

Nutrients (% of daily need)

Calories: 196.13kcal (9.81%), Fat: 9.68g (14.89%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.66g (0.73%), Cholesterol: 73.71mg (24.57%), Sodium: 430.92mg (18.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.77g (47.55%), Vitamin B1: 1.13mg (75.46%), Selenium: 34.94µg (49.91%), Vitamin B6: 0.88mg (44.08%), Vitamin B3: 7.58mg (37.91%), Phosphorus: 280.36mg (28.04%), Vitamin B2: 0.39mg (22.83%), Zinc: 2.15mg (14.3%), Potassium: 454.71mg (12.99%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.96mg (9.62%), Magnesium: 30.91mg (7.73%), Iron: 1.13mg (6.27%), Copper: 0.1mg (5.22%), Manganese: 0.04mg (1.94%), Vitamin E: 0.25mg (1.67%), Vitamin D: 0.23µg (1.51%)