



2%
HEALTH SCORE

Maple Glazed Bacon Wrapped Pork Tenderloin

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

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounces pork tenderloins trimmed (or alternatively one larger tenderloin)
- 4 servings kosher salt
- 4 servings pepper black
- 8 medium bacon thick
- 0.5 cup maple syrup pure
- 1 serving frangelico
- 4 servings frangelico

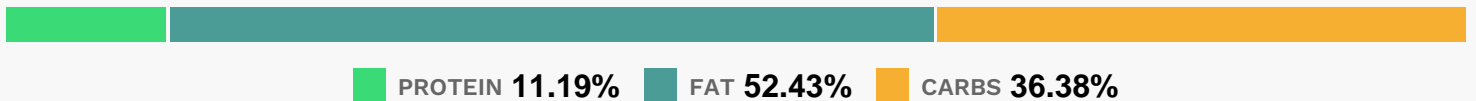
Equipment

- bowl
- toothpicks
- grill

Directions

- Sprinkle tenderloins with salt and pepper.
- Place in a bowl or shallow dish. Cover, and refrigerate for 30 minutes.
- Meanwhile soak toothpicks in water and prepare a gas or charcoal grill for medium-high, indirect grilling (variation: soak some applewood chips to add just before cooking)
- Wrap bacon slices around pork, securing with toothpicks.
- Place on grill and brown for a few minutes, covered. Baste with some maple syrup and continue to grill for about 20–25 minutes, turning and basting occasionally with the maple syrup.
- The pork should be done in 20–25 minutes total, or until the internal temperature reaches about 150 and the bacon is uniformly crispy.
- Remove from grill and let sit at room temperature for about 5 minutes before slicing.
- Serve with accumulated juices!

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:9.91, Inflammation Score:-1, Nutrition Score:8.4439130434783%

Taste

Sweetness: 64.16%, Saltiness: 100%, Sourness: 10.61%, Bitterness: 19.32%, Savoriness: 73.81%, Fattiness: 75.89%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 307.86kcal (15.39%), Fat: 17.77g (27.35%), Saturated Fat: 5.95g (37.19%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 27.72g (10.08%), Sugar: 24.12g (26.8%), Cholesterol: 38.25mg (12.75%), Sodium: 496.23mg (21.58%), Protein: 8.53g (17.07%), Manganese: 0.95mg (47.3%), Vitamin B2: 0.6mg (35.03%), Vitamin B1: 0.29mg (19.31%), Selenium: 13.22µg (18.88%), Vitamin B3: 2.75mg (13.75%), Vitamin B6: 0.23mg (11.37%), Phosphorus:

98.53mg (9.85%), Zinc: 1.07mg (7.14%), Potassium: 235.61mg (6.73%), Vitamin B12: 0.29µg (4.87%), Calcium: 47.34mg (4.73%), Magnesium: 17.74mg (4.43%), Vitamin B5: 0.37mg (3.66%), Iron: 0.37mg (2.08%), Copper: 0.03mg (1.64%), Vitamin E: 0.22mg (1.48%), Vitamin D: 0.2µg (1.36%)