



Marinated Grilled Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



52 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cooking sherry dry
- 1 teaspoon ginger fresh minced
- 1.5 tablespoons rosemary fresh minced
- 0.5 cup honey
- 2 tablespoons orange juice fresh
- 2.3 pound pork tenderloins
- 0.3 cup rice wine vinegar
- 1 tablespoon shallots minced

- 0.5 cup soya sauce
- 0.3 cup vegetable oil

Equipment

- bowl
- sauce pan
- whisk
- plastic wrap
- baking pan
- grill
- kitchen thermometer
- grill pan

Directions

- Watch how to make this recipe.
- Trim the tenderloins of all fat and silverskin.
- Place them in a shallow baking dish large enough to hold them without crowding.
- Combine the soy sauce, sherry, honey, vinegar, oil, and orange juice in a medium bowl, whisking until well blended. Stir in the rosemary, shallots, and ginger.
- Pour the mixture over the tenderloins. Cover with plastic wrap and allow to marinate at room temperature for 2 hours.
- Preheat an outdoor grill or indoor grill pan.
- Remove the pork from the marinade, shaking off any excess.
- Place the tenderloins on the grill and cook, turning frequently, for about 18 minutes, or until an instant-read thermometer inserted into the thickest part reads 155 degrees F.
- Transfer to a platter and allow the meat to rest for 10 minutes before carving.
- Meanwhile, place the marinade in a small saucepan over medium heat and bring to a simmer. Simmer for 10 minutes, or until slightly thickened.
- Slice the pork into 1/4 inch-thick slices, spoon the hot marinade over the pork.
- Serve with a tossed salad.

Nutrition Facts

PROTEIN 38.37% FAT 35.02% CARBS 26.61%

Properties

Glycemic Index:38.21, Glycemic Load:12.73, Inflammation Score:-4, Nutrition Score:23.552173725937%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 404.88kcal (20.24%), Fat: 15.15g (23.31%), Saturated Fat: 3.41g (21.33%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 25.56g (9.29%), Sugar: 24.33g (27.03%), Cholesterol: 110.56mg (36.85%), Sodium: 1171.18mg (50.92%), Alcohol: 2.06g (100%), Alcohol %: 0.98% (100%), Protein: 37.36g (74.72%), Vitamin B1: 1.69mg (112.61%), Selenium: 52.02µg (74.32%), Vitamin B6: 1.37mg (68.35%), Vitamin B3: 12.1mg (60.48%), Phosphorus: 446.03mg (44.6%), Vitamin B2: 0.62mg (36.43%), Zinc: 3.37mg (22.44%), Potassium: 760.19mg (21.72%), Vitamin K: 16.8µg (16%), Vitamin B5: 1.54mg (15.45%), Vitamin B12: 0.88µg (14.74%), Magnesium: 57.9mg (14.48%), Iron: 2.35mg (13.08%), Copper: 0.2mg (9.77%), Manganese: 0.18mg (9.17%), Vitamin E: 1.12mg (7.47%), Vitamin C: 3.23mg (3.92%), Vitamin D: 0.51µg (3.4%), Calcium: 21.08mg (2.11%), Folate: 7.09µg (1.77%), Fiber: 0.35g (1.41%)