



Marinated Pork Tenderloin with Jezebel Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



751 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider vinegar
- 1 tablespoon mustard dry
- 2 garlic cloves minced
- 1 teaspoon ground ginger
- 8 drops hot sauce
- 10 servings jezebel sauce
- 0.3 cup madeira wine dry
- 2 tablespoons olive oil

- 1.5 pound pork tenderloins
- 1 teaspoon sesame oil
- 0.3 cup lite soy sauce
- 36 party rolls

Equipment

- grill
- kitchen thermometer
- ziploc bags

Directions

- Combine first 8 ingredients in a shallow dish or heavy-duty zip-top plastic bag; add tenderloins. Cover or seal, and chill 8 hours, turning tenderloins occasionally.
- Remove tenderloins from marinade, reserving 1/2 cup marinade; combine reserved marinade and apple cider vinegar.
- Cook tenderloins, covered with grill lid, over medium-hot coals (350 to 400 degrees F) for about 20 minutes or until a meat thermometer inserted into thickest portion registers 140, turning occasionally and basting with marinade mixture during first 15 minutes of cooking time.
- Remove from heat; slice and serve warm or chilled with party rolls and Jezebel Sauce.

Nutrition Facts



Properties

Glycemic Index:17.3, Glycemic Load:82.82, Inflammation Score:-1, Nutrition Score:14.669130449548%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 750.94kcal (37.55%), Fat: 13.8g (21.23%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 118.49g (39.5%),
Net Carbohydrates: 114.48g (41.63%), Sugar: 16.1g (17.89%), Cholesterol: 44.23mg (14.74%), Sodium: 1446.78mg
(62.9%), Alcohol: 0.62g (100%), Alcohol %: 0.22% (100%), Protein: 34.34g (68.68%), Iron: 39.31mg (218.4%), Vitamin
B1: 0.68mg (45.27%), Selenium: 22.33µg (31.91%), Vitamin B6: 0.55mg (27.39%), Vitamin B3: 4.79mg (23.96%),
Phosphorus: 182.05mg (18.2%), Fiber: 4.01g (16.04%), Vitamin B2: 0.24mg (14.26%), Zinc: 1.37mg (9.11%), Potassium:
304.06mg (8.69%), Manganese: 0.17mg (8.47%), Magnesium: 25.1mg (6.27%), Vitamin B5: 0.61mg (6.05%), Vitamin
B12: 0.35µg (5.9%), Vitamin E: 0.6mg (3.97%), Copper: 0.08mg (3.85%), Calcium: 32.89mg (3.29%), Vitamin K:
1.83µg (1.75%), Vitamin D: 0.2µg (1.36%), Vitamin C: 0.84mg (1.01%)