



Marinated Pork Tenderloins

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon mustard dry
- 2 cloves garlic minced
- 1 tablespoon gingerroot minced peeled
- 0.3 teaspoon ground pepper red
- 2 tablespoons soya sauce low-sodium
- 3 tablespoons onion minced
- 0.5 cup pineapple juice unsweetened
- 1.5 pound pork tenderloins

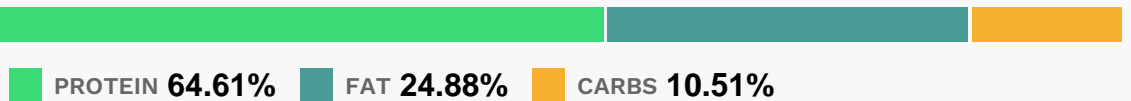
Equipment

- grill
- kitchen thermometer
- ziploc bags

Directions

- Combine first 7 ingredients, stirring well.
- Trim fat from tenderloins.
- Place tenderloins in a large heavy-duty, zip-top plastic bag.
- Pour marinade over tenderloins; seal bag, and shake until meat is well coated. Marinate in refrigerator 24 hours, turning bag occasionally.
- Remove tenderloins from marinade. Insert a meat thermometer into thickest part of 1 tenderloin, if desired. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place tenderloins on rack; grill, covered, 20 to 25 minutes or until meat thermometer registers 160, turning frequently and basting with reserved marinade.
- Let pork stand 10 minutes.
- Cut diagonally across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.38, Inflammation Score:-2, Nutrition Score:15.478260984887%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 155.08kcal (7.75%), Fat: 4.14g (6.36%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.25g (2.5%), Cholesterol: 73.71mg (24.57%), Sodium: 251.93mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.16g (48.33%), Vitamin B1: 1.13mg (75.55%), Selenium: 34.94µg (49.91%), Vitamin B6: 0.92mg (45.93%), Vitamin B3: 7.63mg (38.16%), Phosphorus: 290.98mg (29.1%), Vitamin B2: 0.4mg (23.71%), Zinc: 2.22mg (14.8%), Potassium: 509.05mg (14.54%), Vitamin B5: 0.99mg (9.93%), Vitamin B12: 0.59µg (9.83%), Magnesium: 38.65mg (9.66%), Manganese: 0.17mg (8.46%), Iron: 1.29mg (7.16%), Copper: 0.13mg (6.3%), Vitamin C: 2.78mg (3.37%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.31mg (2.09%), Folate: 7.35µg (1.84%), Calcium: 14.67mg (1.47%)