



Molasses-Grilled Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 tablespoons dijon mustard coarse-grained
- ☐ 3 pound pork tenderloins trimmed
- ☐ 0.3 cup blackstrap molasses

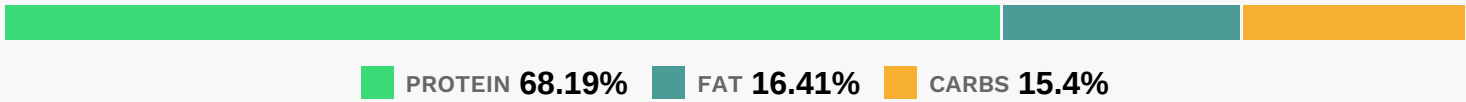
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ COMBINE first 3 ingredients, and brush over tenderloins. Cover and chill 8 hours.
- ☐ COOK, covered with grill lid, over medium-high heat (350 degrees to 400 degrees) 20 minutes or until a meat thermometer inserted into the thickest portion registers 160 degrees, turning once.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:3.48, Inflammation Score:-3, Nutrition Score:22.59130396289%

Nutrients (% of daily need)

Calories: 218.63kcal (10.93%), Fat: 3.83g (5.89%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 7.92g (2.88%), Sugar: 7.93g (8.81%), Cholesterol: 110.56mg (36.85%), Sodium: 135.39mg (5.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.79g (71.59%), Vitamin B1: 1.71mg (113.93%), Selenium: 55.54µg (79.34%), Vitamin B6: 1.39mg (69.74%), Vitamin B3: 11.49mg (57.44%), Phosphorus: 427.6mg (42.76%), Vitamin B2: 0.58mg (34.38%), Potassium: 839.44mg (23.98%), Zinc: 3.27mg (21.8%), Magnesium: 73.31mg (18.33%), Vitamin B5: 1.53mg (15.35%), Vitamin B12: 0.87µg (14.46%), Iron: 2.23mg (12.37%), Copper: 0.21mg (10.36%), Manganese: 0.21mg (10.35%), Calcium: 32.59mg (3.26%), Vitamin E: 0.39mg (2.58%), Vitamin D: 0.34µg (2.27%)