



Molasses Grilled Turkey Tenderloin



Gluten Free



Dairy Free

READY IN



285 min.

SERVINGS



10

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ginger fresh grated
- ☐ 2 garlic cloves minced
- ☐ 1 cup blackstrap molasses
- ☐ 0.5 cup olive oil
- ☐ 10 servings salt to taste
- ☐ 0.5 cup soya sauce
- ☐ 3 pounds turkey tenderloins
- ☐ 0.3 cup worcestershire sauce

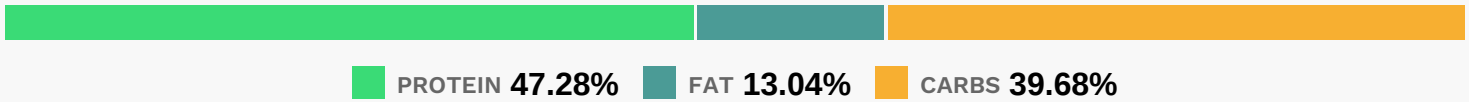
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic freezer bag; add turkey. Seal and chill 4 hours, turning occasionally.
- ☐ Preheat grill to 350 to 400 (medium-high) heat. Coat cooking grate with cooking spray, and place on grill.
- ☐ Remove turkey from marinade, discarding marinade.
- ☐ Grill turkey, covered with grill lid, 20 to 25 minutes or until a meat thermometer inserted into thickest portion registers 170, turning occasionally.
- ☐ Let stand 15 minutes.
- ☐ Cut turkey diagonally into thin slices, and arrange on a serving platter. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:11.25, Inflammation Score:-3, Nutrition Score:6.1530434949243%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 276.89kcal (13.84%), Fat: 4.03g (6.2%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 27.59g (9.2%), Net Carbohydrates: 27.45g (9.98%), Sugar: 26.09g (28.99%), Cholesterol: 60.75mg (20.25%), Sodium: 1035.05mg (45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.87g (65.73%), Manganese: 0.59mg (29.36%), Magnesium: 87.84mg (21.96%), Potassium: 579.89mg (16.57%), Vitamin B6: 0.26mg (12.93%), Iron: 2.26mg (12.57%), Copper: 0.2mg (9.93%), Selenium: 6.22µg (8.89%), Calcium: 80.21mg (8.02%), Vitamin B3: 0.83mg (4.17%), Vitamin

B5: 0.32mg (3.21%), Phosphorus: 31.05mg (3.1%), Vitamin E: 0.32mg (2.14%), Vitamin B1: 0.03mg (1.8%), Vitamin B2: 0.03mg (1.67%), Vitamin C: 1.15mg (1.4%), Vitamin K: 1.38µg (1.31%), Zinc: 0.17mg (1.15%)