



## Pork Tenderloin with Onion-Balsamic Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons balsamic vinegar
- 1 garlic clove pressed
- 1.5 pound pork tenderloins trimmed
- 1 small onion diced
- 6 servings onion-balsamic sauce

### Equipment

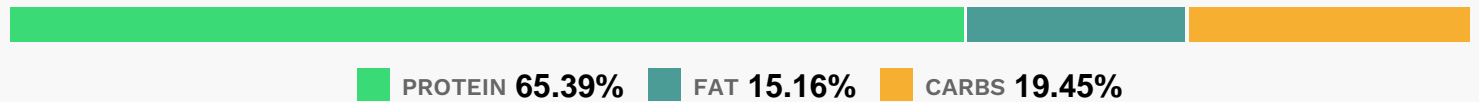
- grill
- kitchen thermometer

ziploc bags

## Directions

- Combine first 3 ingredients in a shallow dish or large heavy-duty zip-top plastic bag; add tenderloins. Cover or seal, and chill 2 hours, turning occasionally.
- Remove tenderloins from marinade, discarding marinade.
- Grill, covered with grill lid, over high heat (400 to 50
- to 7 1/2 minutes on each side or until a meat thermometer inserted into thickest portion registers 16
- Serve with Onion-Balsamic Sauce.

## Nutrition Facts



## Properties

Glycemic Index:22.33, Glycemic Load:1.88, Inflammation Score:-4, Nutrition Score:16.036521612221%

## 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 Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.54mg, Quercetin: 13.54mg, Quercetin: 13.54mg, Quercetin: 13.54mg

## Nutrients (% of daily need)

Calories: 155.71kcal (7.79%), Fat: 2.53g (3.89%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 6.16g (2.24%), Sugar: 3.63g (4.03%), Cholesterol: 73.71mg (24.57%), Sodium: 64.08mg (2.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.55g (49.1%), Vitamin B1: 1.16mg (77.56%), Selenium: 35.33µg (50.47%), Vitamin B6: 0.97mg (48.37%), Vitamin B3: 7.66mg (38.3%), Phosphorus: 301.2mg (30.12%), Vitamin B2: 0.41mg (23.9%), Potassium: 557.77mg (15.94%), Zinc: 2.27mg (15.11%), Vitamin B5: 1.04mg (10.44%), Vitamin B12: 0.58µg (9.64%), Magnesium: 38.05mg (9.51%), Iron: 1.3mg (7.21%), Copper: 0.13mg (6.55%), Vitamin C: 5.09mg (6.17%), Manganese: 0.12mg (5.92%), Fiber: 1.14g (4.58%), Folate: 12.68µg (3.17%), Calcium: 23.35mg (2.33%), Vitamin E: 0.26mg (1.75%), Vitamin D: 0.23µg (1.51%)