



Rosemary Grilled Pork Tenderloin

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 6 servings sautéed garlic spinach
- ☐ 1 garlic clove pressed
- ☐ 6 servings two-cheese grits
- ☐ 2 tablespoons honey
- ☐ 0.5 optional: lemon
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon pepper
- ☐ 2 pounds pork tenderloin
- ☐ 1 teaspoon salt

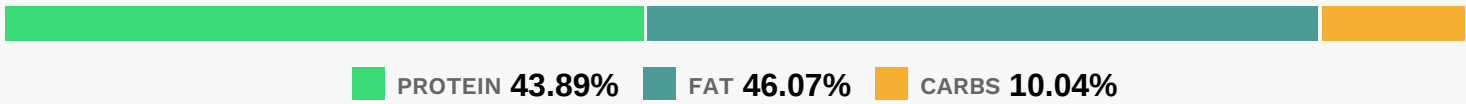
Equipment

- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine garlic and next 6 ingredients in a large heavy-duty zip-top plastic bag, squeezing bag to combine ingredients.
- ☐ Add pork, turning to coat, and seal bag. Chill 1 to 24 hours.
- ☐ Preheat grill to 350 to 400 (medium-high).
- ☐ Remove pork from marinade, discarding marinade.
- ☐ Grill pork, covered with grill lid, over 350 to 400 (medium-high) heat 8 to 10 minutes on each side.
- ☐ Transfer pork to a large piece of aluminum foil. Squeeze juice from lemon over pork; fold foil around pork, covering pork completely.
- ☐ Let stand 10 minutes.
- ☐ Serve with
- ☐ Sauted Garlic Spinach and Two-Cheese Grits.
- ☐ *Fresh thyme, cilantro, or oregano may be substituted.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:3.72, Inflammation Score:-4, Nutrition Score:24.085652154425%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 357.06kcal (17.85%), Fat: 18.09g (27.83%), Saturated Fat: 7.89g (49.31%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 8.27g (3.01%), Sugar: 6.18g (6.86%), Cholesterol: 128.28mg (42.76%), Sodium: 718.54mg (31.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.79g (77.57%), Vitamin B1: 1.51mg (100.91%), Selenium: 56.6µg (80.86%), Vitamin B6: 1.23mg (61.68%), Phosphorus: 517.56mg (51.76%), Vitamin B3: 10.08mg (50.41%), Vitamin B2: 0.65mg (38.46%), Zinc: 4.02mg (26.83%), Calcium: 234.47mg (23.45%), Potassium: 657.33mg (18.78%), Vitamin B12: 1.1µg (18.4%), Vitamin B5: 1.45mg (14.5%), Magnesium: 53.37mg (13.34%), Iron: 1.77mg (9.84%), Copper: 0.17mg (8.35%), Vitamin C: 5.92mg (7.18%), Manganese: 0.13mg (6.71%), Vitamin A: 310.87IU (6.22%), Vitamin E: 0.93mg (6.19%), Vitamin D: 0.63µg (4.22%), Vitamin K: 2.53µg (2.41%), Fiber: 0.6g (2.4%), Folate: 7.93µg (1.98%)