



Sac Valley Grilled Pork Tenderloin



Gluten Free



Dairy Free

READY IN



155 min.

SERVINGS



6

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup blackberries fresh
- ☐ 0.5 cup wine dry red or other wine
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 pounds pork tenderloin trimmed
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon sea salt

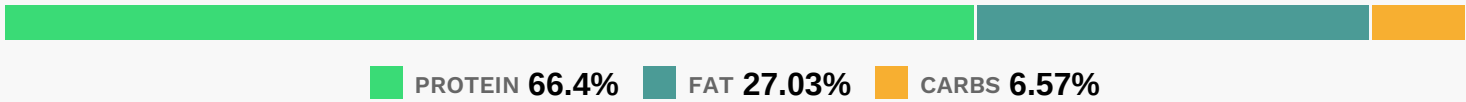
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Remove the pork tenderloin from the refrigerator, and allow to come to room temperature, about 1 hour.
- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate. Rub the pork with the olive oil, then sprinkle with salt, pepper, rosemary, and sage; rub the herbs into the pork.
- ☐ Cook on the preheated grill until the tenderloin is crisp on all sides, about 15 minutes. Reduce heat to low and continue cooking, turning occasionally, until the pork is no longer pink in the center, about 60 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C). While the pork is cooking, bring the blackberries and wine to a boil in a small saucepan over high heat. Reduce heat to low and continue simmering until the berries have burst and the sauce has reduced slightly, 10 to 20 minutes.
- ☐ Let the meat rest 10 minutes before slicing; serve with the blackberry sauce.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:25.214347886003%

Flavonoids

Cyanidin: 23.99mg, Cyanidin: 23.99mg, Cyanidin: 23.99mg, Cyanidin: 23.99mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 10.43mg, Catechin: 10.43mg, Catechin: 10.43mg, Catechin: 10.43mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 214.66kcal (10.73%), Fat: 5.81g (8.93%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.17g (1.3%), Cholesterol: 98.28mg (32.76%), Sodium: 1243.33mg (54.06%), Alcohol: 2.1g (100%), Alcohol %: 1.31% (100%), Protein: 32.09g (64.19%), Copper: 3.21mg (160.55%), Vitamin B1: 1.52mg (101.13%), Selenium: 46.68µg (66.68%), Vitamin B6: 1.18mg (59.18%), Vitamin B3: 10.27mg (51.33%), Phosphorus: 379.59mg (37.96%), Vitamin B2: 0.53mg (30.9%), Zinc: 3.01mg (20.08%), Potassium: 651.13mg (18.6%), Manganese: 0.3mg (15.23%), Vitamin B5: 1.35mg (13.5%), Vitamin B12: 0.77µg (12.85%), Magnesium: 47.94mg (11.99%), Iron: 1.8mg (10.02%), Vitamin E: 0.95mg (6.34%), Vitamin C: 5.11mg (6.2%), Vitamin K: 6.43µg (6.12%), Fiber: 1.43g (5.73%), Calcium: 23.61mg (2.36%), Vitamin D: 0.3µg (2.02%), Folate: 6.39µg (1.6%), Vitamin A: 62.02IU (1.24%)