



Savory Grilled Pork Tenderloins with Herbed Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons onion powder
- ☐ 2 teaspoons thyme leaves dried
- ☐ 1 teaspoon garlic salt
- ☐ 0.5 teaspoon pepper
- ☐ 2 lb pork tenderloin
- ☐ 2 tablespoons vegetable oil
- ☐ 2 large bell pepper red cut into 1/2-inch pieces

- ☐ 1 cup spring onion diagonally sliced
- ☐ 2 medium fennel bulb cored thinly sliced
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon salt

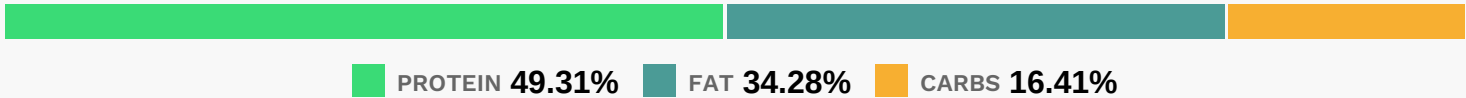
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix onion powder, 2 teaspoons thyme, the garlic salt and pepper.
- ☐ Sprinkle thyme mixture on all sides of tenderloins. Immediately place on grill over medium heat. Cover grill; cook 15 to 20 minutes, turning 3 times, until meat thermometer inserted in center reads 160°F.
- ☐ Meanwhile, in 12-inch skillet, heat oil over medium-high heat until hot. Cook remaining ingredients in oil 4 to 7 minutes, stirring frequently, until vegetables are tender.
- ☐ To serve, cut tenderloins into slices. Spoon vegetable mixture over slices.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:1.85, Inflammation Score:-9, Nutrition Score:26.05478224547%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 201.52kcal (10.08%), Fat: 7.69g (11.82%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 5.09g (1.85%), Sugar: 4.35g (4.83%), Cholesterol: 73.71mg (24.57%), Sodium: 456.82mg (19.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.87g (49.75%), Vitamin B1: 1.15mg (76.74%), Vitamin C: 62.87mg (76.2%), Vitamin K: 71.1µg (67.71%), Vitamin B6: 1.03mg (51.39%), Selenium: 34.96µg (49.95%), Vitamin B3: 8.35mg (41.75%), Phosphorus: 322.5mg (32.25%), Vitamin A: 1516.4IU (30.33%), Vitamin B2: 0.45mg (26.41%), Potassium: 818.94mg (23.4%), Zinc: 2.42mg (16.14%), Fiber: 3.19g (12.74%), Magnesium: 49.67mg (12.42%), Vitamin B5: 1.23mg (12.32%), Manganese: 0.23mg (11.33%), Iron: 2.02mg (11.23%), Folate: 43.25µg (10.81%), Vitamin E: 1.59mg (10.57%), Vitamin B12: 0.59µg (9.83%), Copper: 0.16mg (8.24%), Calcium: 52.32mg (5.23%), Vitamin D: 0.34µg (2.27%)