



Sheila's Grilled Pork Tenderloin



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



5

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon mustard dry
- ☐ 1.5 teaspoons garlic chopped
- ☐ 0.3 cup honey
- ☐ 2.5 pound pork tenderloins cut into 2-inch pieces
- ☐ 0.3 cup soya sauce

Equipment

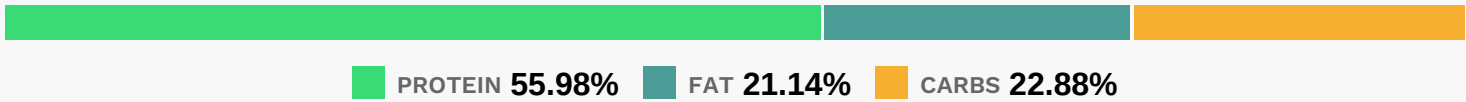
- ☐ grill
- ☐ kitchen thermometer

☐ ziploc bags

Directions

- ☐ Place soy sauce, honey, garlic, and dry mustard into a large resealable plastic bag. Squeeze the bag to thoroughly mix the marinade and add pork tenderloin pieces to the bag. Squeeze bag several times to coat pork with marinade, squeeze air from bag, and seal. Refrigerate pork at least 1 hour or up to overnight.
- ☐ Preheat an outdoor grill for high heat and lightly oil the grate.
- ☐ Remove pork from marinade and discard used marinade.
- ☐ Grill pork on the preheated grill until seared and the juices run clear, 4 to 5 minutes per side. An instant-read meat thermometer inserted into the pork should read at least 145 degrees F (65 degrees C).

Nutrition Facts



Properties

Glycemic Index:19.45, Glycemic Load:9.91, Inflammation Score:-3, Nutrition Score:27.491304276106%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 353.51kcal (17.68%), Fat: 8.17g (12.57%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 19.66g (7.15%), Sugar: 18.85g (20.95%), Cholesterol: 147.42mg (49.14%), Sodium: 983.01mg (42.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.69g (97.38%), Vitamin B1: 2.24mg (149.42%), Selenium: 69.98µg (99.98%), Vitamin B6: 1.78mg (89.2%), Vitamin B3: 15.65mg (78.27%), Phosphorus: 576.81mg (57.68%), Vitamin B2: 0.8mg (46.97%), Zinc: 4.39mg (29.28%), Potassium: 942.41mg (26.93%), Vitamin B5: 1.98mg (19.8%), Vitamin B12: 1.18µg (19.66%), Magnesium: 69.58mg (17.39%), Iron: 2.72mg (15.08%), Copper: 0.24mg (11.81%), Manganese: 0.15mg (7.59%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.52mg (3.47%), Calcium: 20.75mg (2.08%)