



Smoked Paprika Pork

 **Gluten Free**  **Dairy Free**

READY IN



19 min.

SERVINGS



8

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup canola oil
- 2 garlic clove minced
- 2 pound pork tenderloins trimmed
- 0.3 teaspoon salt
- 1 tablespoon sherry vinegar
- 1.5 teaspoons paprika smoked

Equipment

- sauce pan

- whisk
- grill
- kitchen thermometer
- ziploc bags

Directions

- Combine oil and paprika in a small saucepan, stirring with a whisk. Cook over low heat 2 minutes or until thoroughly heated.
- Add vinegar, rosemary, if desired, salt, and garlic, stirring with a whisk.
- Remove from heat.
- Place pork in a large zip-top plastic bag.
- Add oil mixture; seal bag. Marinate in refrigerator 8 hours, turning bag occasionally.
- Prepare grill.
- While grill heats, remove pork from marinade, discarding marinade.
- Place pork on a grill rack coated with cooking spray. Grill 20 minutes or until a thermometer registers 155 (slightly pink), turning every 5 minutes.
- Remove from grill.
- Let stand 10 minutes before slicing.
- Cut pork diagonally into 1/2-inch slices.
- Serve with: Fragrant Saffron Rice

Nutrition Facts

   **PROTEIN 52.19%**  **FAT 46.82%**  **CARBS 0.99%**

Properties

Glycemic Index:5.63, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:15.287825972652%

Flavonoids

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

Nutrients (% of daily need)

Calories: 188.02kcal (9.4%), Fat: 9.51g (14.64%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.05g (0.05%), Cholesterol: 73.71mg (24.57%), Sodium: 133.3mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.72%), Vitamin B1: 1.13mg (75.63%), Selenium: 35.06µg (50.08%), Vitamin B6: 0.9mg (44.92%), Vitamin B3: 7.62mg (38.11%), Phosphorus: 282.57mg (28.26%), Vitamin B2: 0.39mg (23.13%), Zinc: 2.17mg (14.46%), Potassium: 464.76mg (13.28%), Vitamin E: 1.58mg (10.56%), Vitamin B5: 0.97mg (9.73%), Vitamin B12: 0.58µg (9.64%), Magnesium: 31.55mg (7.89%), Iron: 1.21mg (6.74%), Copper: 0.11mg (5.36%), Vitamin K: 5.3µg (5.05%), Vitamin A: 184.77IU (3.7%), Manganese: 0.04mg (1.83%), Vitamin D: 0.23µg (1.51%)