



Smoky Citrus Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup & spicy barbecue sauce sweet kraft
- 6 cloves garlic crushed
- 0.3 tsp ground cumin
- 0.5 tsp ground pepper black
- 1 tsp kosher salt
- 1 peel and juice from each: lime and orange grated
- 2.5 lb pork tenderloins

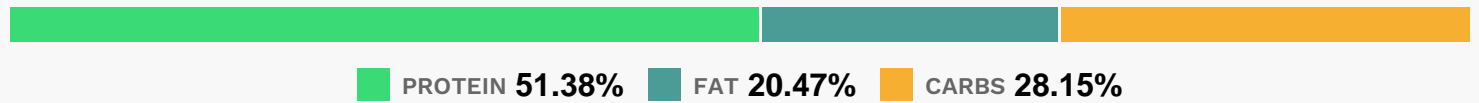
Equipment

- grill
- ziploc bags

Directions

- Mix citrus peels and juices, garlic, salt, pepper and cumin.
- Pour over meat in large resealable plastic bag. Seal bag; turn to evenly coat meat with the juice mixture.
- Refrigerate 30 min. to marinate.
- Remove meat from marinade; discard bag and marinade.
- Preheat grill to medium heat.
- Place meat on one side of greased grill. Turn off burners directly below meat; cover grill with lid. Grill meat 30 min. or until cooked through (160F), turning occasionally and brushing with barbecue sauce for the last 10 min. of the grilling time.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:15.442173861939%

Flavonoids

Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 190.4kcal (9.52%), Fat: 4.22g (6.49%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 12.54g (4.56%), Sugar: 9.63g (10.7%), Cholesterol: 73.71mg (24.57%), Sodium: 586.64mg (25.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.83g (47.66%), Vitamin B1: 1.13mg (75.08%), Selenium: 35.02µg (50.03%), Vitamin B6: 0.91mg (45.73%), Vitamin B3: 7.7mg (38.48%), Phosphorus: 285.64mg (28.56%), Vitamin B2: 0.4mg (23.64%), Potassium: 528.33mg (15.1%), Zinc: 2.2mg (14.68%), Vitamin B5: 1.02mg (10.23%), Vitamin B12: 0.59µg (9.83%), Magnesium: 35.55mg (8.89%), Iron: 1.4mg (7.77%), Copper: 0.13mg (6.66%), Manganese: 0.1mg (4.88%), Vitamin E: 0.5mg (3.31%), Vitamin C: 2.69mg (3.26%), Calcium: 22.76mg (2.28%), Vitamin D: 0.34µg (2.27%), Fiber: 0.51g (2.05%), Vitamin A: 71.03IU (1.42%)