



## Spanish-Style Brined Pork Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon sage fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup ice cubes
- ☐ 0.3 cup kosher salt (such as Diamond Crystal)
- ☐ 1.5 pound pork tenderloin trimmed
- ☐ 2 teaspoons olive oil

- ☐ 2 tablespoons paprika
- ☐ 0.3 cup sherry vinegar
- ☐ 2 teaspoons sherry vinegar
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons sugar
- ☐ 3.5 cups water

## Equipment

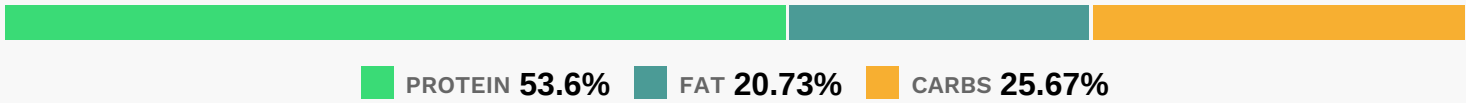
- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

## Directions

- ☐ Combine first 4 ingredients in a large bowl, stirring until the salt and sugar dissolve.
- ☐ Pour salt mixture into a 2-gallon zip-top plastic bag.
- ☐ Add ice and pork; seal. Refrigerate 3 hours, turning bag occasionally.
- ☐ Combine paprika and next 5 ingredients (paprika through garlic).
- ☐ Prepare grill for indirect grilling, heating one side to medium-high and leaving one side with no heat.
- ☐ Remove pork from bag, and discard brine. Pat pork dry with paper towels.
- ☐ Brush oil evenly over pork; rub with paprika mixture.
- ☐ Place pork on grill rack coated with cooking spray over medium-high heat; grill pork 6 minutes, browning on all sides.
- ☐ Place pork on grill rack over unheated side. Close lid, and grill pork an additional 20 minutes or until thermometer inserted into thickest portion of pork registers 155 (slightly pink), turning the pork occasionally.

Place pork on a platter. Cover with foil, and let stand 5 minutes. Uncover and drizzle pork with 2 teaspoons vinegar.

## Nutrition Facts



## Properties

Glycemic Index:43.7, Glycemic Load:6.97, Inflammation Score:-8, Nutrition Score:19.476956666812%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 184.54kcal (9.23%), Fat: 4.16g (6.41%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 10.61g (3.86%), Sugar: 9.9g (11%), Cholesterol: 73.71mg (24.57%), Sodium: 4787.45mg (208.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Vitamin B1: 1.14mg (76.19%), Copper: 1.17mg (58.61%), Selenium: 35.3µg (50.43%), Vitamin B6: 0.95mg (47.28%), Vitamin B3: 7.83mg (39.16%), Phosphorus: 290.88mg (29.09%), Vitamin B2: 0.42mg (24.83%), Vitamin A: 1167.01IU (23.34%), Zinc: 2.31mg (15.38%), Potassium: 523.26mg (14.95%), Vitamin B5: 1.03mg (10.3%), Iron: 1.85mg (10.3%), Magnesium: 39.05mg (9.76%), Vitamin B12: 0.58µg (9.64%), Manganese: 0.17mg (8.51%), Vitamin E: 1.12mg (7.5%), Fiber: 0.99g (3.96%), Vitamin K: 3.24µg (3.08%), Calcium: 26.89mg (2.69%), Vitamin D: 0.23µg (1.51%), Vitamin C: 0.92mg (1.12%)