



Spice-Rubbed Grilled Turkey Tenderloins



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



180 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.3 tsp ground pepper red
- ☐ 2 tablespoons brown sugar light
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt
- ☐ 1.5 pounds turkey breast tenderloins

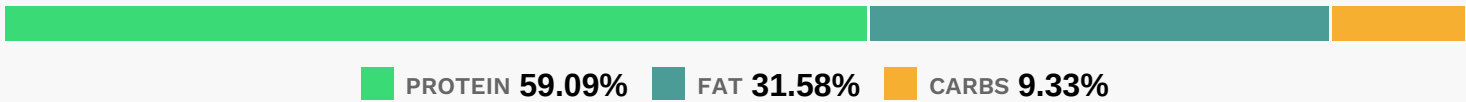
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Stir together first 6 ingredients.
- ☐ Brush turkey tenderloin with olive oil, and rub with brown sugar mixture.
- ☐ Grill turkey, covered with grill lid, over 350 to 400 (medium-high) heat 10 minutes on each side or until a meat thermometer inserted into thickest portion registers 16
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.01, Inflammation Score:1, Nutrition Score:0.65304346657965%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 179.7kcal (8.99%), Fat: 6.27g (9.65%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 4.09g (1.49%), Sugar: 3.9g (4.33%), Cholesterol: 50.62mg (16.87%), Sodium: 465.33mg (20.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.8%), Vitamin E: 0.71mg (4.7%), Vitamin K: 2.89µg (2.75%), Iron: 0.3mg (1.67%), Manganese: 0.03mg (1.54%)