



Spice-Rubbed Pork Tenderloin with Mustard Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon finely chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon chili powder
- ☐ 2 teaspoons chili powder
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 5 tablespoons honey
- ☐ 3 tablespoons catsup
- ☐ 2 pound pork tenderloins trimmed
- ☐ 1 tablespoon brown sugar light
- ☐ 1 cup onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon paprika smoked
- ☐ 0.5 cup mustard yellow prepared

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer

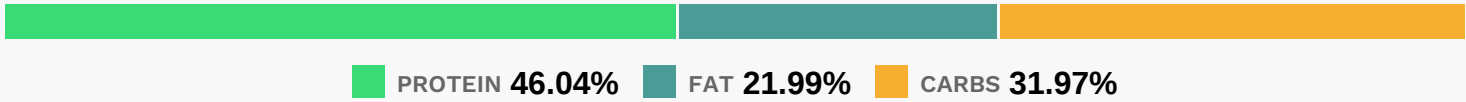
Directions

- ☐ Prepare grill.
- ☐ To prepare sauce, cook bacon in a medium saucepan over medium-high heat 4 minutes or until almost crisp, stirring occasionally.
- ☐ Add chopped onion to pan; cook 4 minutes, stirring frequently.
- ☐ Add mustard and next 5 ingredients (through 1/4 teaspoon ground cumin) to pan, and bring to a boil. Reduce heat, and simmer for 4 minutes or until slightly thick, stirring occasionally.
- ☐ To prepare pork, combine brown sugar and next 7 ingredients (through red pepper) in a small bowl, stirring well; rub mixture evenly over pork.
- ☐ Place pork on grill rack coated with cooking spray. Grill 20 minutes or until a thermometer registers 155 (slightly pink), turning once.
- ☐ Let pork stand 10 minutes.

- ☐
- Cut pork crosswise into 1/2-inch-thick slices.

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Nutrition Facts



Properties

Glycemic Index:30.66, Glycemic Load:6.18, Inflammation Score:-6, Nutrition Score:18.190000083136%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 222.98kcal (11.15%), Fat: 5.47g (8.42%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 16.23g (5.9%), Sugar: 14.66g (16.29%), Cholesterol: 77.34mg (25.78%), Sodium: 549.27mg (23.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.53%), Vitamin B1: 1.19mg (79.62%), Selenium: 41.87µg (59.82%), Vitamin B6: 0.98mg (49.12%), Vitamin B3: 8.18mg (40.92%), Phosphorus: 320.8mg (32.08%), Vitamin B2: 0.44mg (25.91%), Potassium: 586.57mg (16.76%), Zinc: 2.47mg (16.49%), Vitamin A: 657.75IU (13.15%), Magnesium: 46.16mg (11.54%), Iron: 2.04mg (11.35%), Vitamin B5: 1.11mg (11.06%), Vitamin B12: 0.61µg (10.1%), Manganese: 0.19mg (9.47%), Copper: 0.15mg (7.64%), Fiber: 1.66g (6.64%), Vitamin E: 0.91mg (6.04%), Calcium: 31.29mg (3.13%), Vitamin C: 1.9mg (2.31%), Vitamin K: 2.03µg (1.93%), Vitamin D: 0.25µg (1.66%), Folate: 6.52µg (1.63%)