



Spiced Pork Tenderloin

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons bourbon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons worcestershire sauce

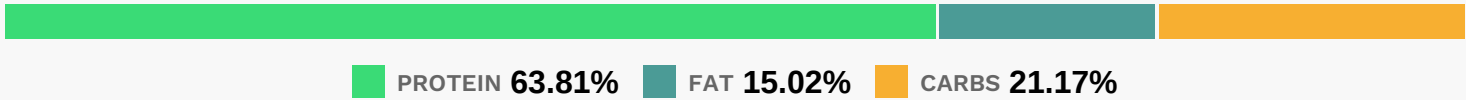
Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Prepare grill.
- ☐ Combine first 4 ingredients in a large zip-top plastic bag.
- ☐ Add pork to bag; seal and shake well.
- ☐ Let stand 10 minutes, turning frequently.
- ☐ Remove pork from bag, reserving marinade.
- ☐ Sprinkle pork evenly with salt and pepper.
- ☐ Place pork on a grill rack coated with cooking spray; grill 10 minutes on each side or until a thermometer registers 160 (slightly pink), basting with reserved marinade.
- ☐ Remove from grill; let stand 3 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:4.21, Inflammation Score:-2, Nutrition Score:14.951304259508%

Nutrients (% of daily need)

Calories: 171.51kcal (8.58%), Fat: 2.49g (3.83%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 7.72g (2.81%), Sugar: 6.84g (7.6%), Cholesterol: 73.71mg (24.57%), Sodium: 316.13mg (13.74%), Alcohol: 2.51g (100%), Alcohol %: 2.33% (100%), Protein: 23.78g (47.56%), Vitamin B1: 1.14mg (75.89%), Selenium: 35.02µg (50.03%), Vitamin B6: 0.88mg (44.1%), Vitamin B3: 7.64mg (38.22%), Phosphorus: 285.85mg (28.59%), Vitamin B2: 0.4mg (23.57%), Potassium: 523.5mg (14.96%), Zinc: 2.17mg (14.46%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.96mg (9.62%), Iron: 1.6mg (8.9%), Magnesium: 32.09mg (8.02%), Copper: 0.12mg (6.18%), Manganese: 0.08mg (3.93%), Calcium: 17.97mg (1.8%), Vitamin E: 0.26mg (1.76%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.11mg (1.35%)