



## Spicy Chipotle Pork Grilled Tenderloin

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup cheddar cheese
- 3 tablespoons honey
- 2 chipotles in adobo chopped (from 7)
- 2 teaspoons chipotle sauce canned (from can of chipotle chiles)
- 1.5 lb pork tenderloin
- 2 tablespoons olive oil
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

1 tablespoon cilantro leaves fresh chopped

## Equipment

sauce pan

grill

kitchen thermometer

## Directions

Heat gas or charcoal grill. In small saucepan, combine taco sauce, honey, chiles and adobo sauce; mix well.

Brush pork tenderloins with oil.

Sprinkle with salt and pepper.

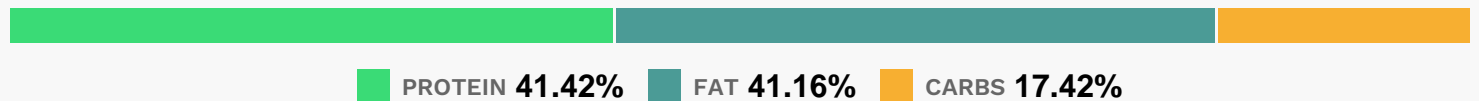
When grill is heated, place pork on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 13 to 15 minutes or until thermometer inserted in center registers 155°F., turning pork once and brushing with taco sauce mixture during last 10 minutes of cooking time.

Let stand 10 minutes or until thermometer registers 160°F.

Bring any remaining taco sauce mixture to a boil. Slice pork; sprinkle with cilantro.

Serve sauce with pork.

## Nutrition Facts



## Properties

Glycemic Index:19.38, Glycemic Load:4.52, Inflammation Score:-2, Nutrition Score:15.747825963342%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 251.63kcal (12.58%), Fat: 11.4g (17.54%), Saturated Fat: 3.59g (22.47%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 9.84g (3.58%), Sugar: 9.75g (10.83%), Cholesterol: 82.58mg (27.53%), Sodium: 311.43mg (13.54%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.63%), Vitamin B1: 1.12mg (74.39%), Selenium: 35.85µg (51.21%), Vitamin B6: 0.88mg (43.8%), Vitamin B3: 7.52mg (37.6%), Phosphorus: 317.02mg (31.7%), Vitamin B2: 0.42mg (24.48%), Zinc: 2.43mg (16.18%), Potassium: 460.59mg (13.16%), Vitamin B12: 0.7µg (11.74%), Vitamin B5: 0.98mg (9.81%), Magnesium: 33.33mg (8.33%), Iron: 1.36mg (7.53%), Calcium: 69.52mg (6.95%), Vitamin E: 0.95mg (6.32%), Copper: 0.11mg (5.42%), Fiber: 1.01g (4.05%), Vitamin K: 3.39µg (3.22%), Vitamin D: 0.39µg (2.58%), Manganese: 0.04mg (1.89%), Vitamin A: 68.98IU (1.38%)