



Spicy Chipotle Pork Grilled Tenderloin



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chipotle sauce canned (from can of chipotle chiles)
- ☐ 2 chipotles in adobo chopped (from 7)
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 3 tablespoons honey
- ☐ 0.5 cup sauce
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 lb pork tenderloin

☐ 0.5 teaspoon salt

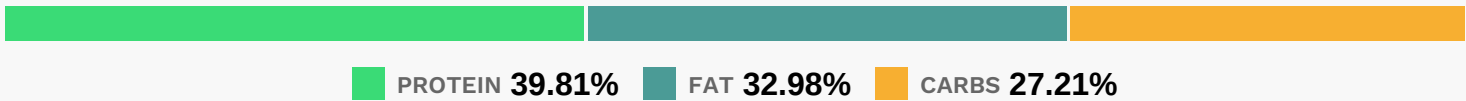
Equipment

- ☐ 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 155F., turning pork once and brushing with taco sauce mixture during last 10 minutes of cooking time.
- ☐ Let stand 10 minutes or until thermometer registers 160F.
- ☐ 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:-1, Nutrition Score:14.78999996736%

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: 242.27kcal (12.11%), Fat: 8.76g (13.48%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 15.26g (5.55%), Sugar: 14.19g (15.77%), Cholesterol: 73.71mg (24.57%), Sodium: 491.37mg (21.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.6%), Vitamin B1: 1.11mg (74.25%), Selenium: 34.45µg (49.21%), Vitamin B6: 0.87mg (43.52%), Vitamin B3: 7.51mg (37.55%), Phosphorus: 276.14mg (27.61%), Vitamin B2: 0.39mg (22.73%), Zinc: 2.15mg (14.3%), Potassium: 452.66mg (12.93%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.96mg (9.58%), Magnesium: 30.99mg (7.75%), Iron: 1.3mg (7.23%), Vitamin E: 0.92mg (6.16%), Copper: 0.11mg (5.31%), Fiber: 1.01g (4.05%), Vitamin K: 3.15µg (3%), Vitamin D: 0.34µg (2.27%), Manganese: 0.04mg (1.78%)