



Spicy Grilled Pork Tenderloin With Blackberry Sauce

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons walkerswood jamaican jerk seasoning
- 0.3 cup dijon mustard
- 1 tablespoon ginger fresh grated
- 1 tablespoon olive oil
- 2 tablespoons orange juice
- 1 tablespoon orange zest
- 1.5 lb pork tenderloin

- 0.7 cup jam seedless
- 1 teaspoon salt

Equipment

- sauce pan
- whisk
- grill
- kitchen thermometer

Directions

- Preheat grill to 350 to 400 (medium-high) heat.
- Remove silver skin from tenderloins, leaving a thin layer of fat.
- Brush tenderloins with oil, and rub with seasoning and salt.
- Grill tenderloins, covered with grill lid, 10 minutes on each side or until a meat thermometer inserted into thickest portion registers 15
- Remove from grill, and let stand 10 minutes.
- Meanwhile, whisk together blackberry preserves and next 4 ingredients in a small saucepan, and cook over low heat, whisking constantly, 5 minutes or until thoroughly heated.
- Cut pork diagonally into thin slices, and arrange on a serving platter; drizzle with warm sauce.

Nutrition Facts

 **PROTEIN 35.4%**  **FAT 22.97%**  **CARBS 41.63%**

Properties

Glycemic Index:19.25, Glycemic Load:10.84, Inflammation Score:-4, Nutrition Score:13.332608611687%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 208.61kcal (10.43%), Fat: 5.27g (8.1%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 20.19g (7.34%), Sugar: 14.33g (15.92%), Cholesterol: 55.28mg (18.43%), Sodium: 454.38mg (19.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.26g (36.51%), Vitamin B1: 0.86mg (57.54%), Selenium: 29.31µg (41.87%), Vitamin B6: 0.7mg (34.87%), Vitamin B3: 5.88mg (29.4%), Phosphorus: 226.13mg (22.61%), Vitamin B2: 0.33mg (19.39%), Potassium: 410.78mg (11.74%), Zinc: 1.73mg (11.53%), Vitamin A: 463.63IU (9.27%), Magnesium: 31.08mg (7.77%), Vitamin B5: 0.77mg (7.68%), Iron: 1.38mg (7.66%), Vitamin B12: 0.44µg (7.37%), Vitamin E: 1.08mg (7.19%), Vitamin C: 5.72mg (6.94%), Copper: 0.13mg (6.48%), Fiber: 1.27g (5.1%), Manganese: 0.08mg (4.23%), Vitamin K: 2.76µg (2.63%), Calcium: 22.63mg (2.26%), Vitamin D: 0.26µg (1.7%), Folate: 5.68µg (1.42%)