



Spicy Pork Tenderloin



Gluten Free



Dairy Free



Low Fod Map

READY IN



160 min.

SERVINGS



6

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 pound pork tenderloins
- ☐ 1 teaspoon salt

Equipment

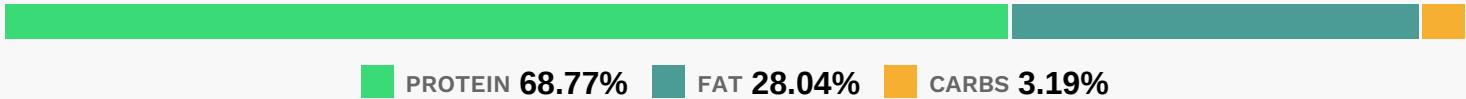
- ☐ bowl

- ☐ baking pan
- ☐ grill

Directions

- ☐ In a small bowl, mix together chili powder, salt, ginger, thyme, and black pepper. Rub spice mix into pork tenderloins.
- ☐ Place meat in a baking dish, cover, and refrigerator for 2 to 3 hours.
- ☐ Preheat grill for medium heat.
- ☐ Brush oil onto grill grate, and arrange meat on grill. Cook for 30 minutes, or to desired doneness, turning to cook evenly.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:21.08260872134%

Nutrients (% of daily need)

Calories: 189.56kcal (9.48%), Fat: 5.73g (8.81%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.2g (0.22%), Cholesterol: 98.28mg (32.76%), Sodium: 510mg (22.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.6g (63.2%), Vitamin B1: 1.49mg (99.45%), Selenium: 46.41µg (66.3%), Vitamin B6: 1.21mg (60.67%), Vitamin B3: 10.31mg (51.57%), Phosphorus: 375.77mg (37.58%), Vitamin B2: 0.54mg (31.47%), Zinc: 2.95mg (19.66%), Potassium: 648.83mg (18.54%), Vitamin A: 795.75IU (15.92%), Vitamin B12: 0.79µg (13.1%), Vitamin B5: 1.29mg (12.91%), Magnesium: 45.22mg (11.3%), Iron: 2.01mg (11.15%), Vitamin E: 1.35mg (9.02%), Copper: 0.16mg (8.17%), Manganese: 0.11mg (5.46%), Fiber: 0.98g (3.9%), Vitamin K: 3.67µg (3.5%), Vitamin D: 0.45µg (3.02%), Calcium: 19.36mg (1.94%)