



Tangy Grilled Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



280 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon chili powder
- ☐ 0.5 cup dijon mustard
- ☐ 0.7 cup honey
- ☐ 2 pounds pork tenderloin
- ☐ 0.3 teaspoon salt

Equipment

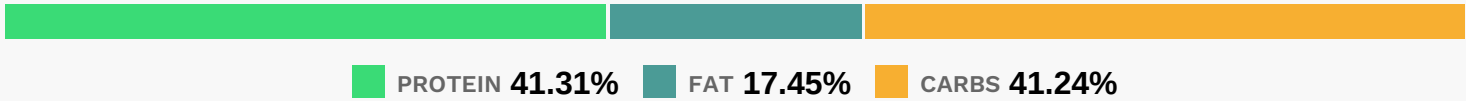
- ☐ bowl
- ☐ grill

☐ ziploc bags

Directions

- ☐ Place meat in a large resealable plastic bag. In a medium bowl, mix together honey, Dijon mustard, chili powder, and salt.
- ☐ Pour marinade over tenderloins, seal, and refrigerate for at least 4 hours.
- ☐ Prepare the grill for indirect heat.
- ☐ Lightly oil grill grate.
- ☐ Remove meat from marinade, and discard liquid. Grill for 15 to 25 minutes, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:14.05, Glycemic Load:16.25, Inflammation Score:-2, Nutrition Score:20.683043662621%

Nutrients (% of daily need)

Calories: 308.84kcal (15.44%), Fat: 6.05g (9.31%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 32.18g (10.73%), Net Carbohydrates: 31.18g (11.34%), Sugar: 31.23g (34.69%), Cholesterol: 98.28mg (32.76%), Sodium: 406.64mg (17.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.46%), Vitamin B1: 1.52mg (101.61%), Selenium: 53.19µg (75.98%), Vitamin B6: 1.18mg (59.09%), Vitamin B3: 10.17mg (50.83%), Phosphorus: 391.58mg (39.16%), Vitamin B2: 0.54mg (31.67%), Zinc: 3.05mg (20.31%), Potassium: 646.56mg (18.47%), Vitamin B5: 1.35mg (13.54%), Vitamin B12: 0.79µg (13.1%), Magnesium: 51.66mg (12.92%), Iron: 1.97mg (10.94%), Copper: 0.16mg (8.22%), Manganese: 0.14mg (6.97%), Fiber: 1g (3.99%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.44mg (2.91%), Calcium: 24.74mg (2.47%)