



Tequila-Lime Pork Tenderloin



Gluten Free



Dairy Free

READY IN



515 min.

SERVINGS



12

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons chiles green chopped
- ☐ 0.8 teaspoon ground pepper black
- ☐ 1 tablespoon honey
- ☐ 1 cup juice of lime fresh
- ☐ 0.5 cup orange juice

- ☐ 2 pork tenderloins
- ☐ 1 teaspoon salt
- ☐ 0.5 cup tequila

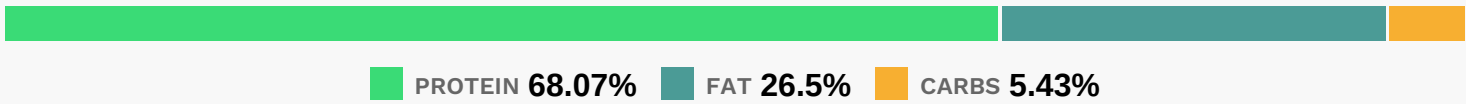
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together the lime juice, tequila, orange juice, cilantro, chiles, chili powder, garlic, honey, salt, and pepper in a large bowl; pour into a gallon-sized sealable bag; add the pork tenderloins; seal and store in refrigerator overnight.
- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ Cook the pork on the preheated grill, turning occasionally, until meat has reached an internal temperature of 145 degrees F (63 degrees C), about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:17.77, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:33.256521753643%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 405.02kcal (20.25%), Fat: 10.86g (16.71%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.46g (1.62%), Sugar: 2.72g (3.03%), Cholesterol: 196.52mg (65.51%), Sodium: 378.23mg (16.44%), Alcohol: 3.34g (100%), Alcohol %: 1.21% (100%), Protein: 62.78g (125.57%), Vitamin B1: 2.99mg (199.16%), Selenium: 91.91µg (131.3%), Vitamin B6: 2.35mg (117.65%), Vitamin B3: 20.2mg (100.98%), Phosphorus: 743.73mg (74.37%),

Vitamin B2: 1.04mg (61.01%), Zinc: 5.73mg (38.23%), Potassium: 1260.31mg (36.01%), Vitamin B12: 1.57µg (26.2%),
Vitamin B5: 2.59mg (25.92%), Magnesium: 86.37mg (21.59%), Iron: 3.21mg (17.85%), Vitamin C: 12.26mg (14.86%),
Copper: 0.3mg (14.76%), Vitamin E: 1.1mg (7.37%), Vitamin A: 359.65IU (7.19%), Vitamin D: 0.91µg (6.05%),
Manganese: 0.09mg (4.48%), Calcium: 27.75mg (2.78%), Vitamin K: 2.43µg (2.31%), Fiber: 0.54g (2.17%), Folate:
7.02µg (1.75%)