



# Grilled Pork Tenderloin

**Number of Servings:** 2  
**Calories Per Serving:** 263  
**PCF Ratio:** 59-17-22

Single Serving Comment: 1/2 of Recipe

## Cooking Instructions

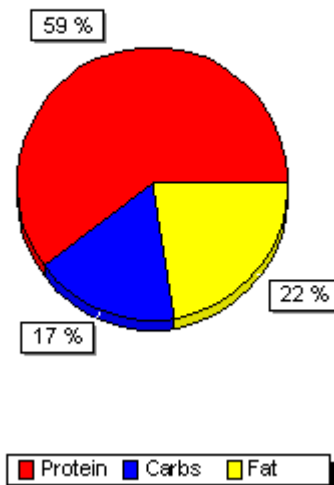
Ingredients:

- 360g Pork Tenderloin
  - 1.5 tbsp Table Wine
  - 1/2 tbsp Brown Sugar
  - 1/2 tbsp Honey
  - 1 tsp Ground Cinnamon
- (serves 2)

Combine first 4 ingredients in a large zip-top plastic bag. Add tenderloins and refrigerate no more than 6 hours (the flavor of the meat is lost if it is marinated too long). Remove tenderloins from marinade and insert a meat thermometer. Grill tenderloins over hot coals for 12-15 minutes or until thermometer reaches 160 degrees, turning while grilling. .

Makes 6 servings.

59-17-22 Ratio



Nutrition Information	
Serving Size: 1/2 of Recipe (203g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 2g	<b>11%</b>
<b>Cholesterol</b> 115mg	<b>39%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 8 g	
<b>Protein</b> 38 g	
Vitamin A 0%	Vitamin C 4%
Calcium 6%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet	

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
PORK TENDERLOIN, RAW, SLO	fresh	360	360	432	75.6						
WINE, TABLE	1 wine glass	1 1/2 tbsp	22	17	.0	.7	.4	.2	.2		.0
SUGAR, BROWN	packed	0.52 tbsp	7	25.9		6.7	6.6	.4	.0		6.2

**Grilled Pork Tenderloin (continued)**

HONEY, STRAINED OR EXTRACTED	0.52 tbsp	11	31.9	.0	8.7	8.6	3.8	4.3	.3	.1
CINNAMON, GROUND	0.26 oz	7	18.5	.3	5.7	.2	.1	.1		
Recipe Total:		407	525.3	75.9	21.7	15.8	4.4	4.6	.3	6.3
Single Serving Total:		102	262.7	38	10.9	7.9	2.2	2.3	.2	3.2

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
PORK TENDERLOIN, RAW, SLO				12.3	4.2	.0	1.2	234		7.2	21.6	3.5	1	15.9
WINE, TABLE		.0							2.1					.0
SUGAR, BROWN														
HONEY, STRAINED OR EXTRACTED		.2	.0											.0
CINNAMON, GROUND			3.8	.2	.0		.0			1	19.8			.1
Recipe Total:		.2	3.9	12.5	4.3	.0	1.3	234	2.1	8.2	41.4	3.5	1	16.1
Single Serving Total:		.1	1.9	6.3	2.1	.0	.6	117	1	4.1	20.7	1.8	.5	8

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
PORK TENDERLOIN, RAW, SLO	3.3	1.9	18	18		18	2.9		3.2		.6		18	93.6
WINE, TABLE			.2	.2		.2							1.8	2
SUGAR, BROWN			.1	.1		.1							5.8	2
HONEY, STRAINED OR EXTRACTED			.2	.2		.2			.1				.6	.2
CINNAMON, GROUND		.0	2.1	2.1		2.1			2		.1		87	4
Recipe Total:	3.3	1.9	20.6	20.6		20.6	2.9		5.3		.6		113.3	101.8
Single Serving Total:	1.6	1	10.3	10.3		10.3	1.5		2.7		.3		56.6	50.9

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
PORK TENDERLOIN, RAW, SLO	813.6	1317.6	180			.2			4.4	.1		104	7.3
WINE, TABLE	2.9	18.5	1.3						.1	.0		.1	.0
SUGAR, BROWN	1.5	23.8	2.7			.0			.1	.0		.1	.0
HONEY, STRAINED OR EXTRACTED	.4	5.5	.4						.0			.1	.0
CINNAMON, GROUND	4.3	35.4	1.8			.0			2.7	1.2		.1	.1

**Grilled Pork Tenderloin (continued)**

Recipe Total:

822.7	1400.8	186.3			.2			7.4	1.3		104.4	7.5
411.4	700.4	93.1			.1			3.7	.6		52.2	3.7

Single Serving Total: