

# Grilled Marinated Pork Tenderloin

Serves 4

Cook Time 13-14 minutes

## Ingredients:

- 2 Tbsp.** Olive oil
- 1 ½ tsp** Soy Sauce
- ½ tsp** grated lemon peel
- 3** garlic cloves, minced
- 1 ½ tsp** dried oregano
- ¼ tsp** salt
- ¼ tsp** pepper
- 1** (3/4 pound) pork tenderloin



## Directions:

1. In a Ziploc plastic bag, combine the oil, Soy Sauce, lemon peel, garlic, oregano, salt and pepper; add pork. Seal bag and turn to coat; refrigerate for 8 hours or overnight.
2. Drain and discard marinade. Grill, covered, over medium coals for about 7 – 10 minutes on each side or until juices run clear. Let stand for 5 minutes before slicing.

Recommended for patients on the Modified Profast (Fast and Flexible) Program, Nutriplus (Balance Your Pyramid) Program or Maintenance Program.

<b>Nutrition Facts</b>	
Serving Size 1 (4g) Serving Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 190	Calories from Fat 50
<b>% Daily Values*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 31.2g	<b>62%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.



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