

Grilled Mediterranean Pork Tenderloin

Prep Time: 5 Min Cook Time: 20 Min Total Time: 25 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 6 oz.

Amount Per Serving

Calories 201	Calories from Fat 60
	% Daily Value
	*
Total Fat 7g	10%
Saturated Fat 2g	8%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 98mg	33%
Sodium 228mg	10%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	2%
Sugars 0g	

Protein 32g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1.33 lbs lean pork tenderloin
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1/2 tsp oregano
- 1/2 tsp thyme
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp pepper
- 1/4 tsp salt

Directions

- 1 Preheat the grill or a grill pan over medium high heat.
- 2 Mix together the oil, spices, and garlic. Rub over the pork.
- 3 Place the pork on the grill and cook for 7-8 minutes per side or until cooked to your liking. Let rest for 5 minutes before serving.
- 4 Oven method: Preheat the oven to 400 degrees. Bake 25-35 minutes until the pork is cooked to your liking. Let rest 5-10 minutes and slice into 1 inch pieces.

Notes



1 WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

