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Balsamic Vinegar-Red Pepper Marinated Pork Tenderloin ♦♦

This recipe features a delicious balsamic vinegar and red pepper marinade that adds a tangy and slightly spicy flavor to the pork tenderloin. The marinade also helps to tenderize the meat, resulting in a juicy and flavorful dish. This recipe is perfect for a special occasion or a weeknight dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 600 grams

Number of Servings: 4

Serving Size: 150 g

Ingredients

600 g	Pork Tenderloin
4 tbsp	balsamic vinegar
1 medium	Red Bell Pepper

2 cloves	garlic cloves
2 tbsp	olive oil
1 tsp	dried oregano
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

In a medium bowl, whisk together balsamic vinegar, olive oil, minced garlic, dried oregano, salt, and black pepper to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

Place the pork tenderloin in a large resealable plastic bag and pour the marinade over it. Seal the bag and refrigerate for at least 1 hour, or overnight for best results.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the grill to medium-high heat. Remove the pork tenderloin from the marinade, allowing any excess marinade to drip off.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the pork tenderloin for about 20-25 minutes, turning occasionally, until the internal temperature reaches 145°F (63°C).

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Resting

Remove the pork tenderloin from the grill and let it rest for 5 minutes before slicing. Serve with grilled red bell pepper slices and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 9 g

Protein: 20 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	9 g	32.14%	36%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	15 mcg	625%	625%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	360 mg	15.65%	15.65%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	450 mg	13.24%	17.31%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

French

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Events

Picnic

Course

Appetizers

Main Dishes

Salads

Sauces & Dressings

Cultural

Hanukkah

Cost

\$10 to \$20

Demographics

Teen Friendly

Heart Healthy

Difficulty Level

Medium

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