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Ginger Grilled Pork Tenderloin

Smithfield Lean Generation Pork

When purchasing fresh ginger, look for a plump, unwrinkled piece. It is not necessary to peel ginger before grating just rinse and pat dry.

Ingredients

- 2 whole pork tenderloins (1 1/2 pounds total)
- 2 cups dry white wine or reduced-sodium chicken broth
- 4 tablespoons grated fresh ginger
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil
- 2 cloves garlic, pushed through a press
- 4 green onions, thinly sliced, for garnish

Directions

1. Combine all ingredients except green onions in a resealable plastic storage bag; seal and refrigerate at least 2 hours or overnight.
2. Remove tenderloins from marinade; discard marinade. Heat gas grill to medium and grill tenderloins in covered grill 15 to 20 minutes, until an instant-read thermometer inserted in center of meat reaches 150°F to 155°F. Slice pork, garnish with green onion and serve immediately.

[IN BRIEF]

Servings: 4
Prep time: 10 minutes
Marinate Time: 2 hours
Bake/Cook time: 15 minutes

[NUTRITION PER SERVING]

Carbohydrates: 3.5 grams
Net Carbs: 3 grams
Protein: 36.5 grams
Fat: 13 grams
Calories: 363

Good for
Atkins Points:

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