



Juicy Grilled Pork Tenderloin (Easy)

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Pork tenderloin, grilled until crispy and charred on the outside yet still juicy and tender on the inside, is the ultimate grilled meat. It's flavorful, inexpensive, and customizable.

Course

Lunch, Main Course, tips & tricks

Cuisine

American, Asian, Italian

Keyword

fall, summer

Prep Time

5 minutes

Cook Time

16 minutes

Resting Time

30 minutes

Total Time

51 minutes

Servings

8 servings (1/2 pound each)

Calories

269kcal

Author

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Equipment

- Grill

Ingredients

- 2-6 pounds pork tenderloin larger size will affect amount of marinade needed
- 0.67 cup marinade of choice see post above for marinade ideas
- Salt & pepper

Instructions

1. Trim any excess fat off the outside of your tenderloin (optional). Let your pork rest at room temperature for 20 minutes before grilling.
2. Marinate pork, and sprinkle with salt and pepper. I recommend marinating your pork tenderloin right before grilling. The tenderloin is very "porous" so it soaks up the marinade quickly. Preheat grill to high heat.
3. Grill the pork tenderloin for about 4 minutes a side (4 sides total). Before grilling the final side, check the temperature of the thickest part of the tenderloin to see how close it is to 145°F (done temperature). Grill pork for 0 to 6 more minutes to reach an internal temperature of 145°F (depends on thickness of pork). Total grill time is 12-18 minutes.
4. Let tenderloin rest for 10 minutes before slicing against the grain (perpendicular to the muscle fibers) with a sharp chef's knife.

Notes

- See my post above for **marinade and serving ideas!**

Nutrition

Serving: 1 serving (1/2 pound) | Calories: 269kcal | Carbohydrates: 4g | Protein: 49g | Fat: 5g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 0.05g | Cholesterol: 147mg | Sodium: 1039mg | Potassium: 959mg | Fiber: 0.03g | Sugar: 3g | Calcium: 17mg | Iron: 3mg