



Jerk Rubbed Pork Tenderloin

6 servings

Prep Time: 5 minutes Cook Time: 20 minutes Marinate Time: 30 minutes

1 Knorr® Reduced Sodium Chicken flavor Bouillon Cube(s)

1/2 tsp. ground allspice

1/2 tsp. ground cinnamon

1/4 tsp. garlic powder

2 tsp. olive oil

1 1/2 lbs. pork tenderloin

Mash first 4 ingredients with a fork in a small bowl. Stir in olive oil. Rub mixture on pork and marinate in refrigerator about 30 minutes. Grill or broil pork about 20 minutes or until done, turning occasionally.

Nutritional Information 1 serving :

Calories 170 , Calories from Fat 70 , Total Fat 8 g, Saturated Fat 2.5 g, Trans Fat .1 g, Cholesterol 75 mg, Sodium 340 mg, Total Carbs 1 g, Dietary Fiber 0 g, Sugars 0 g, Protein 23 g, Vitamin A 0 % , Vitamin C 2 % , Calcium 2 % , Iron 8 %