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# Molasses-Grilled Pork Tenderloin

*The Essential Southern Living Cookbook*

Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 8 hours 25 minutes

**1/4 cup molasses**

**2 tablespoons coarse grain Dijon mustard**

**1 tablespoon apple cider vinegar**

**4 (3/4 pound) pork tenderloins, trimmed**

In a bowl, combine the molasses, mustard and vinegar. Brush the mixture onto the tenderloins. Cover.

Chill for eight hours.

Preheat the grill to medium (350 to 400 degrees).

Cook the tenderloins with the grill lid closed until a thermometer inserted into the thickest portion registers 145 degrees, about 15 minutes, turning once.

## **Grilled, Pork**

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*Per Serving (excluding unknown items): 28 Calories; trace Fat (0.3% calories from fat); 0g Protein; 7g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.*