

# Southwest-Spiced Roast Pork Tenderloin - recipe from

TheOtherWhiteMeat.com

Times: 5 minutes prep, 30 minutes cook

## Ingredients:

1 pork tenderloin, about 1 pound

1 tablespoon paprika

1 1/2 teaspoons salt

1 1/2 teaspoons brown sugar

1 1/2 teaspoons sugar

1 1/2 teaspoons chili powder

1 1/2 teaspoons ground cumin

1 1/2 teaspoons black pepper



## Cooking Directions:

In small bowl, stir together paprika, salt, brown sugar, sugar, chili powder, ground cumin and black pepper until thoroughly blended. Makes 1/4 cup.

Heat oven to 425 degrees F. Season tenderloin with 2 tablespoons rub. Place tenderloin in shallow pan and roast for&nbsp;20-30 minutes, until internal temperature as measured with a meat or instant-read thermometer is 160 degrees F. Remove pork from oven and let rest 5 minutes. Slice tenderloin to serve.

Serves 4

## Nutrition:

Calories: 135 calories

Protein: 23 grams



Fat: 4 grams

Sodium: 487 milligrams

Cholesterol: 65 milligrams

Saturated Fat: 2 grams

Carbohydrates: 3 grams

Fiber: 1 grams

