



Quick & Easy Barbecue Pork and Mushrooms

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Rest Time: 15 minutes

Serves: 4

Average cost per serving: \$2.90

- 1 whole pork tenderloin, trimmed (about 1 pound)
- 1 tablespoon barbeque sauce, honey-smoked
- 2 Portabella mushroom caps, sliced into 1/4 inch strips
- 1 tablespoon olive oil
- 1 tablespoon grill seasoning, mesquite

Pre-heat grill to 350°. Place pork on a large sheet of aluminum foil. Rub the barbecue sauce on the pork. Spread the mushroom strips around the pork and drizzle oil over the pork and mushrooms. Sprinkle the grill seasoning over the mushrooms.

Fold the sides and ends of the foil up and crimp to seal. Place pork packet on the grill, close cover. Let the pork cook 45 minutes, remove from the grill and let rest 15 minutes. Carefully unwrap the foil and remove the pork.

Cut into 4 sections. With 2 forks, shred the pork. Mix the shredded pork with some of the remaining juices from the foil to moisten.

Top with the mushrooms and serve.



Nutrition Facts	
Serving Size (180g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 340mg	14%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 26g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Each serving provides: 190 calories, 6g fat (9% Daily Value), 1.5g saturated fat (8% Daily Value), 75mg cholesterol (25% Daily Value), 340mg sodium (14% Daily Value), 1g dietary fiber (4% Daily Value), 26g protein, 8% Daily Value for iron, 2% Daily Value for calcium, 3% Daily Value for vitamin D, 21% Daily Value for potassium, 64% Daily Value for selenium