BBQ Chipotle Pork Tenderloin

Ingredients
- 1 tsp onion powder
- 1 tsp garlic powder
- 2-3 tbsp chipotle chili powder
- 1 ½ tsp salt
- 4 tbsp brown sugar
- 2 (~3 lbs) pork tenderloins

Making it
1. Preheat grill to medium-high heat.
2. In a large food storage bag, combine the seasonings and place tenderloins in bag. Shake to coat meat evenly and refrigerate for 10-15 mins.
3. Lightly oil grill grate, and arrange meat on grate. Cook for 20 minutes, turning meat every 5 minutes. Remove from grill, let stand for 5 to 10 minutes before slicing.

NUTRITION FACTS
Servings: 6
PER SERVING
Calories (kcal): 183
Fat (g): 6.1
Carbohydrate (g): 11.7
Fibre (g): 0.75
Protein (g): 20.4

TIPS & HINTS
Flavours will be intensified if you refrigerate the meat in the spice mixture overnight