

# Jerk Tenderloin with Raspberry-Chipotle Sauce

A Caribbean seasoning made without salt is Rasta Rub Jamaican seasoning for Grilling. It is very spicy so you may want to use only 1 tablespoon of this seasoning! I use The Original Roasted Raspberry Chipotle Sauce made by Fischer and Wieser (also very spicy.) It can be found at a local grocery or ordered online at [www.jelly.com](http://www.jelly.com). The 1 hour chill time in the refrigerator allows you to prepare the side dishes. This is a nice dish for entertaining on the weekends.

1-2 tablespoons jerk seasoning  
1 1/2 pounds turkey tenderloins  
1 tablespoon chopped fresh rosemary  
1 cup Roasted Raspberry- Chipotle Sauce  
1/2 cup freshly squeezed orange juice

Rub seasoning evenly over tenderloins; sprinkle with rosemary, pressing into turkey. Cover and chill 1 hour. Stir together raspberry-chipotle sauce and orange juice in a microwave-safe glass measuring cup. Microwave at High 1 minute, stirring once. Reserve 1/2 cup sauce in a separate container. Grill tenderloins, covered with grill lid, over Medium-High heat (300-400 degrees F) 10 minutes on each side or until a meat thermometer inserted into the thickest portion registers 10 degrees F, basting with reserved 1/2 cup sauce during the last 5 minutes. Let turkey stand 10 minutes before slicing. Serve with remaining sauce.

**Servings: 6**

**Preparation time: 5 minutes**

**Cooking time: 20 minutes**

**Ready in: 1 hour and 35 minutes**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	235.07
Calories From Fat (32%)	75.83
<b>% Daily Value</b>	
<b>Total Fat</b> 8.16g	<b>13%</b>
Saturated Fat 2.20g	<b>11%</b>
<b>Cholesterol</b> 73.73mg	<b>25%</b>
<b>Sodium</b> 675.99mg	<b>28%</b>
<b>Potassium</b> 523.49mg	<b>15%</b>
<b>Carbohydrates</b> 11.21g	<b>4%</b>
Dietary Fiber 2.77g	<b>11%</b>
Sugar 7.80g	
Sugar Alcohols 0.00g	
Net Carbohydrates 8.45g	
<b>Protein</b> 26.12g	<b>52%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1-2 tablespoons jerk seasoning	1 x 1 tablespoon of Spices, jerk seasoning
1 1/2 pounds turkey tenderloins	1.50 x 1 lb of Turkey, tenderloin
1 tablespoon chopped fresh rosemary	1 x 1 tablespoon of Rosemary, fresh
1 cup Roasted Raspberry- Chipotle Sauce	1 x 1 cup of Sauce, tomato chili sauce, bottled, with salt
1/2 cup freshly squeezed orange juice	0.50 x 1 cup of Orange juice, raw

## Cooking Tips

To make your own Jamaican Jerk Seasoning mix all the following ingredients together: 1 tablespoon instant minced onion, 2 teaspoons dried thyme leaves, 1 teaspoon ground allspice, 1 teaspoon ground black pepper, 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground red pepper (cayenne), and 1/2 teaspoon salt. Keep in a storage container with a tight-fitting lid. Store in a cool, dry location for up to 6 months. Stir before each use. To use as a rub: Brush 1 1/2 pounds boneless meat (chicken, pork, or beef) with 1 tablespoon olive oil. Rub with seasoning mix. To use as a marinade: Mix seasoning mix, 1/2 cup dry red wine or chicken broth, 1 tablespoon olive oil and 1 clove garlic, finely chopped.

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