



Adobo-Marinated Pork Tenderloin with Grilled-Pineapple Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper black
- 0.3 cup cilantro leaves fresh coarsely chopped
- 6 garlic clove crushed
- 2 tablespoons spring onion finely chopped
- 2 teaspoons ground cumin
- 1 cup juice of lime fresh (8 limes)
- 1.5 teaspoons olive oil

- 2 teaspoons oregano dried
- 2 pounds pork tenderloin
- 8 servings salsa
- 1.5 teaspoons salt

Equipment

- baking pan
- grill
- kitchen thermometer

Directions

- Combine first 6 ingredients in a 2-quart baking dish. Trim fat from pork.
- Place pork in dish, turning to coat; cover and marinate in refrigerator 1 hour, turning pork occasionally.
- Prepare grill.
- Remove pork from dish; discard marinade.
- Brush with oil. Insert a meat thermometer into thickest portion of pork.
- Place on a grill rack coated with cooking spray; grill 25 minutes or until thermometer registers 160 (slightly pink).
- Cut into 1/4-inch-thick slices.
- Sprinkle with cilantro and green onions.
- Serve with Grilled-Pineapple Salsa.

Nutrition Facts



PROTEIN 57.91% FAT 26.73% CARBS 15.36%

Properties

Glycemic Index:17, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:17.744782416717%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 167.95kcal (8.4%), Fat: 5g (7.69%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 5.27g (1.92%), Sugar: 1.83g (2.03%), Cholesterol: 73.71mg (24.57%), Sodium: 707.45mg (30.76%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 24.37g (48.74%), Vitamin B1: 1.14mg (76.17%), Selenium: 35.08µg (50.12%), Vitamin B6: 0.97mg (48.69%), Vitamin B3: 7.98mg (39.89%), Phosphorus: 298.29mg (29.83%), Vitamin B2: 0.41mg (23.92%), Potassium: 601.36mg (17.18%), Zinc: 2.29mg (15.25%), Vitamin C: 10.85mg (13.15%), Vitamin B5: 1.08mg (10.8%), Magnesium: 42.88mg (10.72%), Iron: 1.9mg (10.57%), Manganese: 0.21mg (10.31%), Vitamin K: 10.62µg (10.12%), Vitamin B12: 0.59µg (9.83%), Copper: 0.15mg (7.67%), Vitamin E: 0.95mg (6.33%), Fiber: 1.19g (4.76%), Vitamin A: 237.48IU (4.75%), Calcium: 40.62mg (4.06%), Vitamin D: 0.34µg (2.27%), Folate: 6.96µg (1.74%)