



Bacon-Wrapped Pork Medallions With Tomato-Corn Salsa



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons ancho chili powder
- ☐ 8 servings tomato-corn salsa
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 2.3 lb pork tenderloins
- ☐ 8 slices bacon thick-cut
- ☐ 1 tablespoon balsamic vinegar white

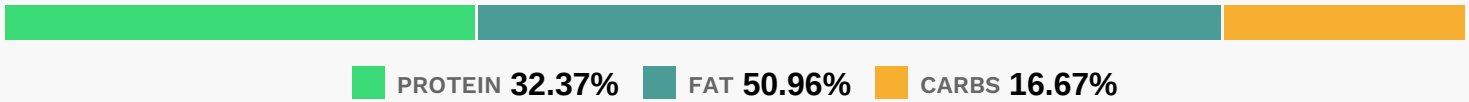
Equipment

- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer
- ☐ microwave
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Cut pork into 8 (3-inch-thick) slices.
- ☐ Place meat, cut sides up, between 2 sheets of heavy-duty plastic wrap, and flatten to 2-inch thickness, using a rolling pin or flat side of a meat mallet.
- ☐ Whisk together olive oil and next 3 ingredients. Rub mixture evenly over pork; cover and chill 2 hours.
- ☐ Microwave bacon at HIGH 2 minutes or until bacon is partially cooked. Wrap sides of each pork slice with 1 bacon slice, and secure with a wooden pick.
- ☐ Light 1 side of grill, heating to medium-high heat (350 to 400); leave other side unlit. Arrange pork over lit side; grill, covered with grill lid, 5 minutes on each side. Move pork to unlit side; grill, covered with grill lid, 30 to 35 minutes or until a meat thermometer registers 16
- ☐ Let stand 10 minutes.
- ☐ Serve with Tomato-Corn Salsa.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:8.14, Inflammation Score:-5, Nutrition Score:22.116956555325%

Nutrients (% of daily need)

Calories: 411.51kcal (20.58%), Fat: 23.51g (36.17%), Saturated Fat: 6.94g (43.38%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 15.26g (5.55%), Sugar: 3.82g (4.25%), Cholesterol: 106.68mg (35.56%), Sodium: 312.16mg (13.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.6g (67.2%), Vitamin B1: 1.42mg (95%), Selenium: 46.13µg (65.9%), Vitamin B6: 1.19mg (59.37%), Vitamin B3: 11.22mg (56.11%), Phosphorus: 423.03mg (42.3%), Vitamin B2: 0.51mg (29.82%), Zinc: 3.31mg (22.06%), Potassium: 753.41mg (21.53%), Vitamin B5: 1.88mg (18.84%), Magnesium: 60.01mg (15%), Vitamin B12: 0.84µg (14.06%), Iron: 1.85mg (10.3%), Manganese: 0.19mg (9.56%), Copper: 0.17mg (8.7%), Fiber: 2.04g (8.17%), Vitamin E: 1.15mg (7.7%), Vitamin A: 330.94IU (6.62%), Vitamin C: 4.24mg (5.14%), Folate: 17.86µg (4.46%), Vitamin D: 0.53µg (3.51%), Vitamin K: 3.22µg (3.07%), Calcium: 14.68mg (1.47%)