



Brined Pork Tenderloin with Plum and Jicama Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon honey
- ☐ 0.8 cup jicama peeled finely chopped
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.5 cup kosher salt
- ☐ 2 pound pork tenderloins trimmed
- ☐ 2 tablespoons juice of lime fresh

- ☐ 2 teaspoons lime rind grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.8 pound plums diced
- ☐ 0.5 cup onion red finely chopped
- ☐ 1 serrano chile seeded chopped
- ☐ 8 cups water cold

Equipment

- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Combine 8 cups cold water and 1/2 cup salt in a 13 x 9-inch glass or ceramic baking dish, stirring until salt dissolves.
- ☐ Add pork to brine; let stand at room temperature 1 hour.
- ☐ Prepare grill to medium-high heat.
- ☐ Drain pork; pat dry.
- ☐ Brush pork with oil; sprinkle with 1/4 teaspoon pepper.
- ☐ Place pork on grill rack; grill 15 minutes or until a thermometer registers 155 (slightly pink), turning pork occasionally.
- ☐ Remove pork from grill; let stand 5 minutes.
- ☐ Cut across the grain into 1/2-inch-thick slices.
- ☐ Combine remaining 1/4 teaspoon pepper, plums, and next 7 ingredients (through chile); toss gently to combine.
- ☐ Serve relish with pork.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



 **PROTEIN 55.7%**  **FAT 22.49%**  **CARBS 21.81%**

Properties

Glycemic Index:24.62, Glycemic Load:3.08, Inflammation Score:-4, Nutrition Score:16.616956503495%

Flavonoids

Cyanidin: 2.39mg, Cyanidin: 2.39mg, Cyanidin: 2.39mg, Cyanidin: 2.39mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 176.89kcal (8.84%), Fat: 4.36g (6.71%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 8.06g (2.93%), Sugar: 7.12g (7.91%), Cholesterol: 73.71mg (24.57%), Sodium: 7182.81mg (312.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.61%), Vitamin B1: 1.15mg (76.82%), Selenium: 35.12µg (50.17%), Vitamin B6: 0.92mg (45.85%), Vitamin B3: 7.82mg (39.08%), Phosphorus: 293.21mg (29.32%), Vitamin B2: 0.41mg (23.98%), Potassium: 563.8mg (16.11%), Zinc: 2.28mg (15.18%), Vitamin C: 8.86mg (10.74%), Vitamin B5: 1.06mg (10.56%), Magnesium: 39.37mg (9.84%), Vitamin B12: 0.58µg (9.64%), Copper: 0.18mg (9.22%), Iron: 1.38mg (7.69%), Fiber: 1.46g (5.82%), Manganese: 0.1mg (4.89%), Vitamin E: 0.69mg (4.57%), Vitamin K: 4.17µg (3.97%), Vitamin A: 159.3IU (3.19%), Calcium: 24.99mg (2.5%), Folate: 6.15µg (1.54%), Vitamin D: 0.23µg (1.51%)