



Caribbean Pork with Butter Pea Toss



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon caribbean jerk seasoning
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 tablespoons olive oil divided
- ☐ 3 cups butter peas fresh
- ☐ 1 pound pork tenderloin

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1.5 teaspoons salt divided
- ☐ 1 tablespoon sugar

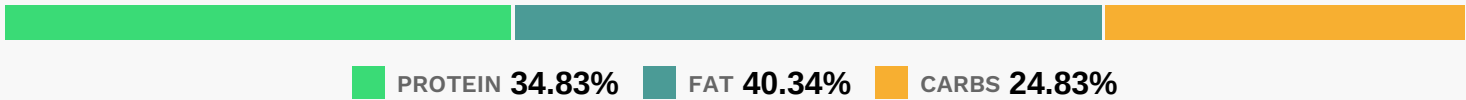
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Remove silver skin from tenderloin, leaving a thin layer of fat. Rub 1 Tbsp. olive oil, 1/2 tsp. salt, and 1 Tbsp. Caribbean seasoning over tenderloin.
- ☐ Grill tenderloin, covered with grill lid, 10 to 12 minutes on each side or until a meat thermometer inserted into thickest portion registers 15
- ☐ Remove from grill, and let stand 5 minutes before slicing.
- ☐ Meanwhile, bring butter peas and water to cover to a boil in a 3-qt. saucepan over high heat; reduce heat to medium, and simmer 25 minutes; drain.
- ☐ Combine peas, next 6 ingredients, and remaining 2 Tbsp. olive oil and 1 tsp. salt.
- ☐ Serve with sliced pork.

Nutrition Facts



Properties

Glycemic Index:55.86, Glycemic Load:6.36, Inflammation Score:-9, Nutrition Score:32.470434458359%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg

8.1mg, Apigenin: 8.1mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 340.4kcal (17.02%), Fat: 15.35g (23.61%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 14.01g (5.09%), Sugar: 9.74g (10.82%), Cholesterol: 73.71mg (24.57%), Sodium: 975.92mg (42.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.82g (59.64%), Vitamin B1: 1.42mg (94.38%), Vitamin K: 97.37µg (92.74%), Vitamin C: 55.21mg (66.92%), Vitamin B6: 1.11mg (55.54%), Selenium: 36.82µg (52.6%), Vitamin B3: 10.1mg (50.52%), Phosphorus: 403.88mg (40.39%), Vitamin A: 1842.58IU (36.85%), Vitamin B2: 0.56mg (32.7%), Fiber: 7.25g (29.01%), Manganese: 0.53mg (26.74%), Zinc: 3.63mg (24.18%), Potassium: 796.41mg (22.75%), Folate: 80.31µg (20.08%), Iron: 3.5mg (19.44%), Vitamin E: 2.81mg (18.76%), Magnesium: 73.68mg (18.42%), Copper: 0.33mg (16.41%), Vitamin B5: 1.12mg (11.21%), Vitamin B12: 0.59µg (9.83%), Calcium: 50.76mg (5.08%), Vitamin D: 0.34µg (2.27%)