

Chile Pork



Gluten Free



Dairy Free

READY IN



175 min.

SERVINGS



10

CALORIES



116 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon cilantro leaves fresh
- ☐ 2 teaspoons garlic minced
- ☐ 2.5 teaspoons ground cumin
- ☐ 1 dash ground pepper black
- ☐ 2 pounds pork tenderloin cubed
- ☐ 1 teaspoon salt

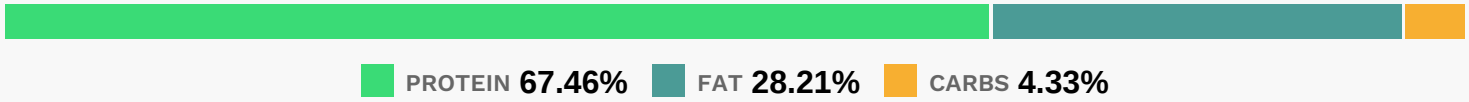
Equipment

☐ oven

Directions

- ☐ Mix together: chili powder, salt, cumin, garlic cilantro and pepper. Coat pork cubes with mixture and let sit for 45 minutes in refrigerator.
- ☐ Preheat oven to 225 degrees F (107 degrees C).
- ☐ Bake 2 hours, or until crispy.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:12.880434899874%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 116.18kcal (5.81%), Fat: 3.55g (5.45%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.13g (0.15%), Cholesterol: 58.97mg (19.66%), Sodium: 306.92mg (13.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.16%), Vitamin B1: 0.9mg (59.95%), Selenium: 27.93µg (39.9%), Vitamin B6: 0.74mg (36.86%), Vitamin B3: 6.21mg (31.05%), Phosphorus: 228.69mg (22.87%), Vitamin B2: 0.32mg (19.01%), Zinc: 1.8mg (11.98%), Potassium: 399.46mg (11.41%), Vitamin A: 485.37IU (9.71%), Iron: 1.5mg (8.35%), Vitamin B12: 0.47µg (7.86%), Vitamin B5: 0.78mg (7.77%), Magnesium: 28.89mg (7.22%), Vitamin E: 0.83mg (5.52%), Copper: 0.1mg (5.16%), Manganese: 0.07mg (3.43%), Fiber: 0.63g (2.5%), Vitamin D: 0.27µg (1.81%), Vitamin K: 1.87µg (1.78%), Calcium: 16.68mg (1.67%)