



Chile-Rubbed Pork Tenderloin with Quick Mole Sauce

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 chipotle chile canned
- 14.5 ounce canned tomatoes mexican-style undrained canned
- 1 tablespoon canola oil divided
- 2 teaspoons espresso powder
- 2 garlic cloves minced
- 0.3 teaspoon ground pepper red
- 1 teaspoon kosher salt

- 1.5 pound pork tenderloins trimmed
- 0.3 cup onion minced
- 0.3 teaspoon salt
- 4 teaspoons mexican seasoning salt-free divided (such as The Spice Hunter)
- 1 teaspoon sugar
- 2 teaspoons cocoa unsweetened
- 0.3 cup water

Equipment

- frying pan
- sauce pan
- blender
- kitchen thermometer
- aluminum foil
- broiler
- broiler pan

Directions

- Heat 2 teaspoons canola oil in a 2 1/2-quart saucepan over medium heat.
- Add onion and garlic; saut 3 minutes or until mixture begins to brown.
- Transfer onion mixture to a blender; add tomatoes, 1/4 cup water, espresso powder, cocoa, chile, 1 teaspoon Mexican seasoning, sugar, and 1/4 teaspoon salt. Process until smooth, scraping down sides if necessary.
- Return tomato mixture to pan. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes or until thick, stirring often.
- Preheat broiler.
- While tomato mixture simmers, place pork on a broiler pan coated with cooking spray; brush with remaining 1 tablespoon oil.
- Combine 1 tablespoon Mexican seasoning, kosher salt, and red pepper; rub over pork. Broil 16 minutes or until a thermometer registers 160 (slightly pink), turning once.

Remove from pan; cover with foil, and let stand 10 minutes before slicing.

Serve pork with sauce.

Nutrition Facts

PROTEIN 54.22% **FAT 24.94%** **CARBS 20.84%**

Properties

Glycemic Index:33.68, Glycemic Load:2.2, Inflammation Score:-5, Nutrition Score:21.19391272379%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 185.51kcal (9.28%), Fat: 5.2g (8.01%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 6.64g (2.42%), Sugar: 4.3g (4.78%), Cholesterol: 73.71mg (24.57%), Sodium: 637.09mg (27.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.23mg (3.74%), Protein: 25.45g (50.91%), Vitamin B1: 1.2mg (79.7%), Vitamin B6: 1.04mg (52.19%), Selenium: 35.77µg (51.11%), Vitamin B3: 8.69mg (43.48%), Phosphorus: 314.69mg (31.47%), Vitamin B2: 0.45mg (26.25%), Vitamin K: 25.86µg (24.63%), Potassium: 730.25mg (20.86%), Iron: 3.35mg (18.6%), Manganese: 0.36mg (17.8%), Zinc: 2.47mg (16.48%), Magnesium: 57.32mg (14.33%), Vitamin E: 2.14mg (14.28%), Copper: 0.27mg (13.5%), Fiber: 3.14g (12.57%), Vitamin B5: 1.2mg (11.98%), Vitamin B12: 0.58µg (9.64%), Vitamin C: 7.41mg (8.98%), Calcium: 86.92mg (8.69%), Vitamin A: 238.2IU (4.76%), Folate: 18.61µg (4.65%), Vitamin D: 0.23µg (1.51%)