



## Chili-Lime Pork Tenderloin

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



6

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon chili powder
- 1 tablespoon juice of lime fresh
- 1.5 pounds pork tenderloin
- 6 servings salt and pepper
- 1 teaspoon soya sauce
- 0.5 teaspoon sugar
- 2 tablespoons vegetable oil

### Equipment

- bowl
- frying pan
- baking sheet
- oven
- kitchen thermometer
- aluminum foil
- tongs
- cutting board

## Directions

- Preheat oven to 400F. Line a large rimmed baking sheet with foil. Pat pork tenderloin dry and season on all sides with salt and pepper.
- Blend chili powder with lime juice, soy sauce and sugar in a small bowl. Use your hands to rub mixture thoroughly into tenderloin. Warm a large ovenproof skillet over high heat, then add oil.
- Add pork and sear on all sides, turning meat with tongs, about 2 minutes total.
- Place skillet in preheated oven and bake until a thermometer inserted in center of tenderloin reads 145F, about 20 to 25 minutes, depending on thickness of tenderloin. Baste with any juices that have accumulated and add 2 Tbsp. water at a time, if necessary, to prevent scorching.
- Remove tenderloin to a cutting board, cover loosely with foil and let sit for 5 minutes. Slice on diagonal into 1/2-inch-thick pieces and serve.

## Nutrition Facts

**PROTEIN 54%** **FAT 44.25%** **CARBS 1.75%**

## Properties

Glycemic Index:14.18, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:14.955217501392%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 179.6kcal (8.98%), Fat: 8.59g (13.21%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.42g (0.46%), Cholesterol: 73.71mg (24.57%), Sodium: 314.14mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.15%), Vitamin B1: 1.12mg (74.37%), Selenium: 34.44µg (49.2%), Vitamin B6: 0.88mg (43.87%), Vitamin B3: 7.58mg (37.89%), Phosphorus: 278.21mg (27.82%), Vitamin B2: 0.39mg (22.78%), Zinc: 2.14mg (14.28%), Potassium: 457.25mg (13.06%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.96mg (9.59%), Vitamin K: 8.7µg (8.29%), Magnesium: 31.72mg (7.93%), Iron: 1.19mg (6.59%), Copper: 0.11mg (5.32%), Vitamin E: 0.75mg (5.02%), Vitamin D: 0.34µg (2.27%), Vitamin A: 102.35IU (2.05%), Manganese: 0.03mg (1.37%)