



Chili-Lime Pork Tenderloin over Soft Polenta with Hungarian Wax Peppers and Corn

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 3 cups chicken stock see
- 2 tablespoons chile powder
- 1 cup cornmeal fine
- 0.3 cup crema mexicana
- 4 kernels from ears of corn fresh
- 4 juice of lime juiced

- 4 servings kosher salt and pepper black freshly ground
- 10 ounces pork tenderloin trimmed
- 2 tablespoons olive oil
- 1 onion chopped
- 0.5 cup queso fresco
- 1 hungarian wax pepper (See Cook's Note)
- 0.3 cups hungarian wax peppers chopped (1 pepper)
- 0.5 cup hungarian wax peppers chopped (2 to 3 peppers)

Equipment

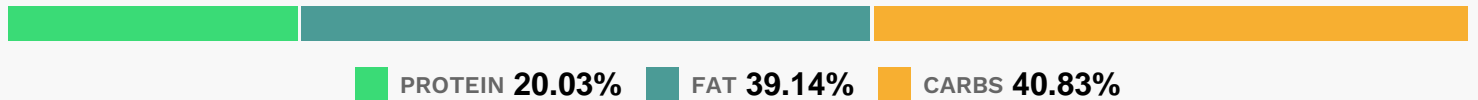
- bowl
- frying pan
- sauce pan
- whisk
- baking pan
- grill
- ziploc bags
- grill pan

Directions

- Stir together the lime juice, chile powder, and Hungarian pepper.
- Place the pork tenderloin in a shallow baking dish or resealable plastic bag and pour the marinade over top. Coat the pork in the marinade. Marinate the pork for 1 hour in the refrigerator.
- In a large saucepan, heat the chicken stock over medium heat and bring to a simmer. Slowly pour in the cornmeal, and whisk for 1 minute. Stir in the chopped pepper. Bring to a simmer and cook, stirring constantly until the mixture is thickened. Stir in the crema and the butter. Season with salt, and pepper, to taste. Set aside and keep warm.
- Preheat a grill or grill pan over high heat.
- Remove the pork from the marinade and let it come to room temperature.

- In a large skillet, heat the olive oil over medium heat and saute the onion and peppers until both are softened, about 5 minutes. Stir in the corn and saute for 3 minutes. Crumble the queso fresco over top and gently stir it in.
- Saute for 1 more minute. Season with salt and pepper.
- Season the pork with salt and pepper and grill over high heat for about 8 minutes on each side, or until it reaches an internal temperature of 160 degrees F. Allow to rest before slicing.
- To serve, in shallow bowls, divide the polenta among the bowls, top with a few slices of pork and top with the corn and pepper mixture.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:17.87, Inflammation Score:-9, Nutrition Score:28.448260825613%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 586.05kcal (29.3%), Fat: 26.49g (40.75%), Saturated Fat: 8.42g (52.65%), Carbohydrates: 62.16g (20.72%), Net Carbohydrates: 54.62g (19.86%), Sugar: 11.88g (13.2%), Cholesterol: 84.86mg (28.29%), Sodium: 1069.05mg (46.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.5g (61%), Vitamin B1: 1.07mg (71.07%), Vitamin B6: 1.12mg (55.95%), Vitamin B3: 10.7mg (53.51%), Phosphorus: 477.92mg (47.79%), Selenium: 32.72µg (46.74%), Vitamin A: 1740.02IU (34.8%), Vitamin B2: 0.56mg (32.96%), Vitamin C: 26.47mg (32.08%), Fiber: 7.54g (30.17%), Magnesium: 117.25mg (29.31%), Potassium: 1018.78mg (29.11%), Manganese: 0.54mg (26.79%), Zinc: 3.88mg (25.88%), Iron: 4.48mg (24.88%), Vitamin E: 3.24mg (21.63%), Copper: 0.37mg (18.55%), Folate: 70.95µg (17.74%), Vitamin B5: 1.65mg (16.51%), Calcium: 148.96mg (14.9%), Vitamin B12: 0.63µg (10.49%), Vitamin K: 10.25µg (9.76%), Vitamin D: 0.55µg (3.69%)