



Chipotle Citrus Marinated Pork Tenderloin

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Popular**

READY IN



60 min.

SERVINGS



4

CALORIES



1196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pork tenderloins halved
- 1 cup orange juice
- 6 tablespoons juice of lemon fresh
- 6 cloves garlic smashed
- 2 shallots chopped
- 2 chipotle chilies dried crushed
- 1 tablespoon olive oil extra virgin
- 4 servings kosher salt and pepper black freshly ground

- 0.8 cup chicken stock see
- 2 tablespoons cilantro leaves fresh chopped

Equipment

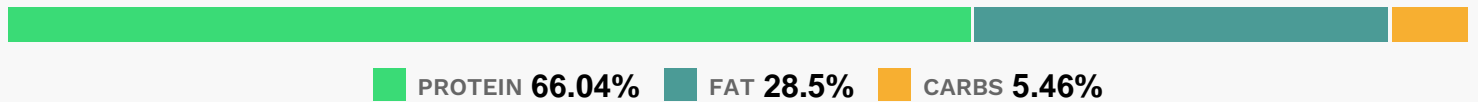
- bowl
- frying pan
- paper towels
- oven
- sieve
- baking pan
- kitchen thermometer
- aluminum foil
- stove
- oven mitt

Directions

- Prep and marinate tenderloins: Trim the tenderloins of any excess fat and silver skin. Set in a small nonreactive baking dish.
- Combine the orange juice, lemon juice, garlic, shallots and chipotle chilies in a small bowl and stir well.
- Pour over the tenderloins and let sit for 20 minutes at room temperature.
- Preheat oven to 400°F.
- Sear tenderloins on all sides:
- Heat the olive oil in a large, ovenproof skillet over medium-high heat.
- Remove the tenderloins from the marinade, reserving the marinade. Wipe the tenderloins dry with a paper towel and season with salt and pepper.
- Add to the skillet and cook, turning as needed, for 4 to 5 minutes, until evenly browned.
- Transfer to the oven and roast for 10 to 12 minutes, until an instant-read thermometer inserted into the center reads 140-145°F.

- Remove skillet from oven and transfer the tenderloins to a plate and cover loosely with aluminum foil to keep warm. Remember that the skillet handle is still hot after you put the skillet on the stove top. Use oven mitts or cool off the handle with ice.
- Pour the marinade into the skillet and add the chicken stock. Bring to a boil over high heat and cook for 8 to 10 minutes, until reduced and thickened.
- Pour through a fine-mesh sieve into a bowl.
- Cut tenderloins across the grain into thin slices and arrange on a platter.
- Drizzle sauce over top and sprinkle with cilantro.
- Serve.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:4.23, Inflammation Score:-8, Nutrition Score:54.154347896576%

Flavonoids

Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg Hesperetin: 10.66mg, Hesperetin: 10.66mg, Hesperetin: 10.66mg, Hesperetin: 10.66mg Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 1195.91kcal (59.8%), Fat: 36.42g (56.04%), Saturated Fat: 11.42g (71.38%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 13.98g (5.08%), Sugar: 8.97g (9.96%), Cholesterol: 590.9mg (196.97%), Sodium: 542.29mg (23.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 189.91g (379.81%), Vitamin B1: 9mg (600.03%), Selenium: 276.69µg (395.27%), Vitamin B6: 7.1mg (355.03%), Vitamin B3: 60.99mg (304.96%), Phosphorus: 2243.14mg (224.31%), Vitamin B2: 3.12mg (183.81%), Zinc: 17.17mg (114.47%), Potassium: 3821.14mg (109.18%), Vitamin B12: 4.72µg (78.61%), Vitamin B5: 7.8mg (78.04%), Magnesium: 258.83mg (64.71%), Iron: 9.29mg (51.63%), Vitamin C: 42.26mg (51.22%), Copper: 0.89mg (44.43%), Vitamin D: 2.72µg (18.14%), Vitamin E: 2.59mg (17.24%), Manganese: 0.26mg (13.19%), Calcium: 77.32mg (7.73%), Folate: 29.88µg (7.47%), Fiber: 1.72g (6.87%), Vitamin A: 159.79IU (3.2%), Vitamin K: 3.22µg (3.07%)