



Chipotle Pork Tenderloin with Corn Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons chipotle chile powder
- ☐ 1 cup whole-kernel corn frozen
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 cup green onions sliced
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.5 cup picante sauce

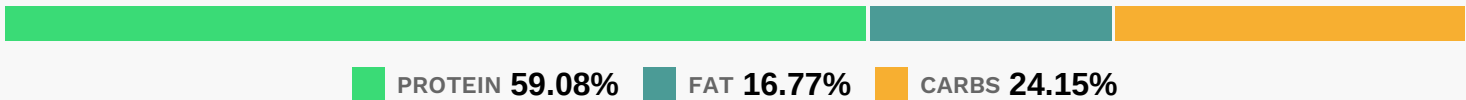
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Cut pork crosswise into 12 equal pieces; firmly press each piece to 3/4-inch thickness.
- ☐ Combine chile powder, cumin, and garlic salt; rub over pork. Coat pan with cooking spray.
- ☐ Add pork to pan; cook 5 minutes on each side or until done.
- ☐ Remove pork from pan.
- ☐ Add corn, onions, and picante sauce to pan; cook 2 minutes or until thoroughly heated, stirring frequently. Spoon salsa over pork, and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:18.76217401546%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 172.5kcal (8.63%), Fat: 3.24g (4.98%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 8.18g (2.97%), Sugar: 4.13g (4.59%), Cholesterol: 73.71mg (24.57%), Sodium: 652.56mg (28.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.67g (51.34%), Vitamin B1: 1.17mg (77.89%), Selenium: 35.57µg (50.81%), Vitamin B6: 0.96mg (48.18%), Vitamin B3: 8.44mg (42.22%), Phosphorus: 316.57mg (31.66%), Vitamin K: 27.89µg (26.56%), Vitamin B2: 0.45mg (26.27%), Potassium: 634.97mg (18.14%), Zinc: 2.41mg (16.09%), Vitamin B5: 1.18mg (11.81%), Magnesium: 45.21mg (11.3%), Iron: 1.88mg (10.45%), Vitamin B12: 0.58µg (9.64%), Fiber: 2.32g (9.26%), Copper: 0.15mg (7.6%), Manganese: 0.14mg (6.94%), Vitamin A: 318.92IU (6.38%), Folate: 24.64µg (6.16%), Vitamin E: 0.77mg (5.16%), Vitamin C: 3.72mg (4.5%), Calcium: 29.97mg (3%), Vitamin D: 0.23µg (1.51%)