



## Chipotle Pork Tenderloin with Plantain and Orange Salsa

 Gluten Free  Dairy Free

READY IN



165 min.

SERVINGS



45

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup firmly brown sugar packed
- 0.3 cup chipotle peppers in adobo sauce pureed
- 2 Tbsp cilantro leaves chopped
- 0.5 cup dressing italian kraft
- 2 medium navel oranges peeled chopped
- 3 Tbsp oil
- 2 medium ripe plantains chopped

- 20 oz pork tenderloins
- 0.3 cup onion red chopped
- 0.5 cup bell pepper green red chopped

## Equipment

- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer

## Directions

- Mix dressing, pepper puree and brown sugar.
- Remove 1/4 cup of the dressing mixture; cover and refrigerate for later use.
- Pour remaining dressing mixture over meat in shallow dish; cover. Refrigerate several hours or overnight to marinate.
- Preheat oven to 425F.
- Remove meat from marinade; discard marinade.
- Place meat in shallow baking dish.
- Bake 25 min. or until instant read thermometer registers 160F when tested in center of meat, brushing with the reserved 1/4 cup dressing mixture after 15 min.
- Cut into 1/2-inch thick slices before serving.
- Cook plantains in oil in large skillet on medium heat 3 to 4 min. or until golden brown, stirring occasionally.
- Mix oranges, red peppers, onion and cilantro in large bowl.
- Add plantains; toss lightly.
- Serve with the meat.

## Nutrition Facts



■ PROTEIN 22.49% ■ FAT 35.62% ■ CARBS 41.89%

## Properties

Glycemic Index:1.53, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.8247826073481%

## Flavonoids

Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 48.6kcal (2.43%), Fat: 1.97g (3.03%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.77g (1.73%), Sugar: 3.55g (3.95%), Cholesterol: 8.19mg (2.73%), Sodium: 33.31mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin B1: 0.13mg (8.99%), Vitamin C: 6.55mg (7.94%), Vitamin B6: 0.13mg (6.38%), Selenium: 4.01µg (5.73%), Vitamin B3: 0.93mg (4.63%), Vitamin K: 4.6µg (4.38%), Phosphorus: 35.63mg (3.56%), Vitamin B2: 0.05mg (3.08%), Potassium: 106.7mg (3.05%), Vitamin A: 113.87IU (2.28%), Magnesium: 7.45mg (1.86%), Fiber: 0.45g (1.79%), Vitamin E: 0.26mg (1.76%), Zinc: 0.26mg (1.74%), Vitamin B5: 0.15mg (1.5%), Iron: 0.23mg (1.27%), Copper: 0.02mg (1.1%), Vitamin B12: 0.07µg (1.09%), Folate: 4.22µg (1.06%)