



Chorizo-Stuffed Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup chorizo sausage cut
- 0.3 teaspoon kosher salt
- 0.3 cup lime your favorite
- 1.5 tablespoons olive oil
- 16 ounces pork tenderloin

Equipment

- frying pan

- oven
- plastic wrap
- meat tenderizer
- kitchen twine

Directions

- Heat oven to 450°F. Butterfly the tenderloin until it is laid out flat.
- Place the butterflied tenderloin between large pieces of plastic wrap. With a meat tenderizer, pound tenderloin until 1/4-inch thickness.
- Season the tenderloin on both sides with salt and pepper.
- Place the chorizo down the center of the tenderloin, patting it down, and leaving about 2 inches on all sides of the chorizo.
- Roll up the tenderloin. Truss the tenderloin with kitchen string.
- Heat a large sauté pan to high heat.
- Pour in the oil.
- Place the trussed tenderloin in the hot oil. Sear the tenderloin on all sides evenly, until the bottom has a browned crust.
- Slide the skillet into the hot oven.
- Bake for 12-16 minutes or until an internal temperature of 160°F has been achieved.
- Remove trussing; slice the tenderloin on a bias.
- Place the pieces on a platter.
- Drizzle the tenderloin with marmalade.
- Serve immediately.

Nutrition Facts

 **PROTEIN 46.34%**  **FAT 52.4%**  **CARBS 1.26%**

Properties

Glycemic Index:16, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:15.262174059515%

Flavonoids

Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 232.29kcal (11.61%), Fat: 13.14g (20.22%), Saturated Fat: 4.45g (27.82%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.1g (0.11%), Cholesterol: 94.57mg (31.52%), Sodium: 204.86mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.31%), Vitamin B1: 1.12mg (74.37%), Selenium: 34.39µg (49.13%), Vitamin B6: 0.87mg (43.52%), Vitamin B3: 7.51mg (37.55%), Phosphorus: 276.83mg (27.68%), Vitamin B2: 0.38mg (22.56%), Zinc: 2.13mg (14.19%), Potassium: 453.52mg (12.96%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.96mg (9.64%), Vitamin C: 7.11mg (8.62%), Iron: 1.5mg (8.34%), Magnesium: 31.19mg (7.8%), Vitamin E: 1.02mg (6.8%), Copper: 0.11mg (5.33%), Vitamin K: 3.4µg (3.24%), Vitamin A: 154.98IU (3.1%), Vitamin D: 0.34µg (2.27%), Manganese: 0.03mg (1.63%), Calcium: 15.44mg (1.54%)