



Cuban Spiced Pork Tenderloin and Soffrito Rice

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons anise seed
- 2 slices bacon chopped
- 4 bay leaves
- 2.8 cups chicken broth
- 6 servings cilantro and scallions chopped
- 2 tablespoons coarse salt and pepper (recommended: McCormick Montreal Steak Seasoning)
- 4 cloves garlic

- 1 small bell pepper green chopped
- 2 teaspoons ground coriander
- 1 tablespoon ground cumin
- 2 pork tenderloins trimmed
- 2 lime zest
- 2 pinches saffron or
- 6 servings salt
- 1 tablespoon vegetable oil
- 6 servings vegetable oil extra-virgin
- 1 small onion white chopped
- 1.5 cups rice white

Equipment

- baking sheet
- oven
- pot

Directions

- Preheat the oven to 450 degrees F.
- Heat medium pot with tight fitting lid over medium high heat.
- Add oil and bacon and brown bacon.
- Add onions and peppers and saute 5 minutes. Bring broth to a boil.
- Add rice. Cover the pot and reduce heat to simmer. Cook 15 to 18 minutes, until rice is tender.
- For pork, cut 4 slits into each loin and nest garlic and bay into meat.
- Place meat on nonstick baking sheet.
- Combine the spices. Coat meat with oil. Rub spices over the pork tenderloins and place in oven. Roast meat 25 minutes.
- Remove from oven.

Let juices redistribute, then slice and serve with soffrito rice and garnishes of chopped tropical fruit or chopped cilantro and scallions.

Suggested drink: mojitos!

Nutrition Facts

PROTEIN 29.46% **FAT 38.69%** **CARBS 31.85%**

Properties

Glycemic Index:34.53, Glycemic Load:23.31, Inflammation Score:-9, Nutrition Score:30.286521455516%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 563.07kcal (28.15%), Fat: 24.03g (36.97%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 42.1g (15.31%), Sugar: 1.78g (1.98%), Cholesterol: 116.19mg (38.73%), Sodium: 737.76mg (32.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.17g (82.33%), Vitamin B1: 1.79mg (119.28%), Selenium: 61.44µg (87.77%), Vitamin B6: 1.51mg (75.52%), Vitamin B3: 12.77mg (63.85%), Phosphorus: 509.89mg (50.99%), Manganese: 0.83mg (41.47%), Vitamin B2: 0.69mg (40.64%), Zinc: 4.1mg (27.33%), Potassium: 881.36mg (25.18%), Vitamin K: 24.92µg (23.73%), Iron: 4.09mg (22.75%), Vitamin C: 18.56mg (22.5%), Vitamin B5: 2.03mg (20.33%), Vitamin E: 2.86mg (19.06%), Magnesium: 73.85mg (18.46%), Copper: 0.34mg (17.03%), Vitamin B12: 0.92µg (15.25%), Fiber: 2.4g (9.6%), Calcium: 74.05mg (7.4%), Folate: 11.32µg (2.83%), Vitamin A: 122.82IU (2.46%), Vitamin D: 0.37µg (2.44%)