



Cumin-Roasted Pork Tenderloin with Plum Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 tablespoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 pound pork tenderloins trimmed
- ☐ 2 cups plum chutney
- ☐ 1 teaspoon salt

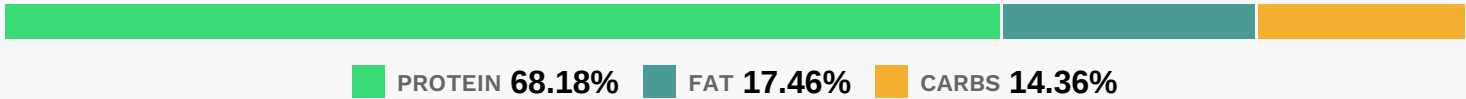
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 5 ingredients, stirring well. Rub pork with spice mixture.
- ☐ Place pork on a broiler pan coated with cooking spray.
- ☐ Bake at 375 20 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Cut pork into 1/4-inch-thick slices.
- ☐ Serve with the Plum Chutney.
- ☐ Totals include Plum Chutney.

Nutrition Facts



Properties

Glycemic Index:13.46, Glycemic Load:1.61, Inflammation Score:-3, Nutrition Score:15.745652165102%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 145.65kcal (7.28%), Fat: 2.75g (4.24%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.41g (1.6%), Sugar: 4.11g (4.57%), Cholesterol: 73.71mg (24.57%), Sodium: 352.15mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.38%), Vitamin B1: 1.15mg (76.54%), Selenium: 34.97µg (49.96%), Vitamin B6: 0.9mg (44.87%), Vitamin B3: 7.79mg (38.95%), Phosphorus: 290.61mg (29.06%), Vitamin B2: 0.4mg (23.61%), Potassium: 532.05mg (15.2%), Zinc: 2.22mg (14.82%), Vitamin B5: 1.02mg (10.16%), Vitamin B12: 0.58µg (9.64%), Iron: 1.69mg (9.39%), Magnesium: 36.44mg (9.11%), Copper: 0.13mg (6.65%), Vitamin C: 4mg (4.85%), Manganese: 0.09mg (4.38%), Vitamin A: 165.06IU (3.3%), Fiber: 0.68g (2.73%), Vitamin K: 2.8µg (2.67%), Vitamin E: 0.39mg (2.63%), Calcium: 15.69mg (1.57%), Vitamin D: 0.23µg (1.51%)