



Dinner Tonight: Grilled Romesco-Style Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

SAUCE

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 5 oz baby arugula
- ☐ 0.1 teaspoon ground pepper
- ☐ 4 large garlic clove
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon paprika
- ☐ 1.5 pound pork tenderloin
- ☐ 12 oz roasted peppers red jarred rinsed cut into pieces

☐ 0.3 cup sherry vinegar

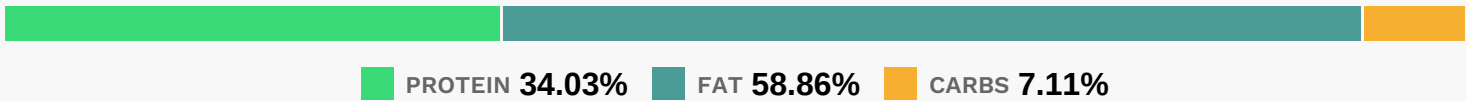
Equipment

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ grill pan

Directions

- ☐ Rub the tenderloin with a bit of oil, a pinch or two of salt, and a few turns of black pepper. Preheat a grill, or warm a grill pan over medium heat.
- ☐ Grill pork, in pieces if necessary to fit, until a thermometer reads 150°F, about 20–25 minutes.
- ☐ Warm the olive oil in a skillet and add the garlic, then the almonds, toasting until golden.
- ☐ Remove them from the oil with a slotted spoon.
- ☐ Add the paprika and cayenne to the oil, stirring constantly until infused into the oil, then add the vinegar and boil for 1 minute.
- ☐ Toss the arugula and peppers with the oil and vinegar dressing, top with the pork, then sprinkle almonds and garlic over the top.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.63, Inflammation Score:-9, Nutrition Score:35.120434657387%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg Kaempferol: 12.42mg, Kaempferol: 12.42mg, Kaempferol: 12.42mg, Kaempferol: 12.42mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 461.85kcal (23.09%), Fat: 30.27g (46.58%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 5.08g (1.85%), Sugar: 1.28g (1.42%), Cholesterol: 110.56mg (36.85%), Sodium: 1264.62mg (54.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.38g (78.76%), Vitamin B1: 1.74mg (115.83%), Vitamin B6: 1.54mg (76.78%), Selenium: 52.81µg (75.45%), Vitamin B3: 12.27mg (61.37%), Vitamin C: 45.92mg (55.66%), Phosphorus: 510.45mg (51.04%), Vitamin K: 49.66µg (47.3%), Vitamin B2: 0.77mg (45.04%), Vitamin E: 6.12mg (40.8%), Manganese: 0.6mg (29.83%), Potassium: 1029.85mg (29.42%), Vitamin A: 1374.53IU (27.49%), Magnesium: 104.65mg (26.16%), Zinc: 3.91mg (26.04%), Copper: 0.42mg (20.95%), Iron: 3.52mg (19.58%), Vitamin B5: 1.69mg (16.86%), Vitamin B12: 0.88µg (14.74%), Calcium: 139.59mg (13.96%), Folate: 53.26µg (13.31%), Fiber: 3.15g (12.59%), Vitamin D: 0.51µg (3.4%)