



WHATSheATE



HEALTH SCORE

76%

Dinner Tonight: Pork Tenderloin with Fresh Cherry and Chile Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound cherries fresh pitted stemmed halved
- ☐ 1 pepper flakes fresh red thinly sliced
- ☐ 1 cup cilantro leaves fresh coarsely chopped
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 6 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 small pork tenderloin for 2 pounds

- ☐ 0.5 cup shallots minced
- ☐ 0.3 cup vegetable oil

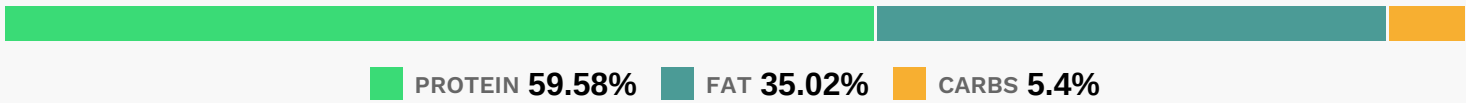
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Prepare a grill to medium-high heat.
- ☐ Combine half of the cilantro and shallots, 4 tablespoons of the lime juice, and the vegetable oil in a resealable plastic bag with the pork. Marinate at room temperature for 15 minutes, turning occasionally.
- ☐ In the meantime, in a medium bowl combine remaining cilantro, shallots, and lime juice with the remaining ingredients. Season to taste with salt and pepper and allow to sit while pork marinates to develop the flavors.
- ☐ Remove pork from marinade, season well with salt and pepper, and grill, turning often, until the outside has developed a nice crust an interior is 145 degrees (or to desired doneness).
- ☐ Let rest 10 minutes, slice, and serve with salsa.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:3.33, Inflammation Score:-9, Nutrition Score:56.099130589029%

Flavonoids

Cyanidin: 17.13mg, Cyanidin: 17.13mg, Cyanidin: 17.13mg, Cyanidin: 17.13mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.49mg, Eriodictyol:

0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 1308.09kcal (65.4%), Fat: 49.37g (75.96%), Saturated Fat: 13.31g (83.17%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 14.6g (5.31%), Sugar: 10.6g (11.77%), Cholesterol: 589.55mg (196.52%), Sodium: 478.58mg (20.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 189.04g (378.07%), Vitamin B1: 8.96mg (597.09%), Selenium: 275.3µg (393.28%), Vitamin B6: 7.14mg (357%), Vitamin B3: 60.32mg (301.58%), Phosphorus: 2243.73mg (224.37%), Vitamin B2: 3.1mg (182.41%), Zinc: 17.19mg (114.58%), Potassium: 3873.91mg (110.68%), Vitamin B5: 7.86mg (78.65%), Vitamin B12: 4.72µg (78.61%), Magnesium: 262.94mg (65.73%), Iron: 9.6mg (53.31%), Copper: 0.9mg (44.91%), Vitamin K: 42.86µg (40.82%), Vitamin C: 30.33mg (36.76%), Vitamin E: 3.89mg (25.96%), Vitamin D: 2.72µg (18.14%), Manganese: 0.31mg (15.4%), Fiber: 2.53g (10.13%), Vitamin A: 444.43IU (8.89%), Calcium: 80.62mg (8.06%), Folate: 19.66µg (4.91%)