



Filete de Cerdo con Adobo (Marinated Pork Tenderloin)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 garlic cloves chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 pound pork tenderloins trimmed
- ☐ 3 tablespoons juice of lemon fresh divided
- ☐ 1 tablespoon olive oil divided
- ☐ 1.3 cups orange juice fresh divided 2 oranges
- ☐ 1 teaspoon oregano fresh chopped

☐ 1 teaspoon salt

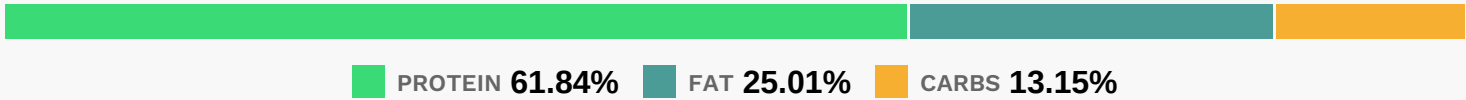
Equipment

- ☐ frying pan
- ☐ blender
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Place 1/2 cup orange juice, 2 tablespoons lemon juice, 1 1/2 teaspoons olive oil, salt, oregano, cumin, and garlic cloves in a blender; process until smooth.
- ☐ Combine orange juice mixture and pork in a large zip-top plastic bag; seal and marinate in refrigerator 2 hours, turning occasionally.
- ☐ Remove pork from bag, reserving marinade.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork; cook 4 minutes on each side or until browned.
- ☐ Add reserved marinade; cover, reduce heat to medium-low, and simmer 20 minutes or until thermometer inserted into thickest portion of pork registers 160 (slightly pink).
- ☐ Remove pork from pan; keep warm.
- ☐ Add 3/4 cup orange juice and 1 tablespoon lemon juice to pan. Bring to a boil; cook until reduced to 1/2 cup (about 5 minutes).
- ☐ Serve sauce with pork.
- ☐ Serve with orange and lemon wedges, if desired.
- ☐ Garnish with oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:2.2, Inflammation Score:-5, Nutrition Score:16.766956567764%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 5.44mg, Hesperetin: 5.44mg, Hesperetin: 5.44mg, Hesperetin: 5.44mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 161.12kcal (8.06%), Fat: 4.35g (6.69%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 4.9g (1.78%), Sugar: 3.42g (3.81%), Cholesterol: 73.71mg (24.57%), Sodium: 351.79mg (15.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.38%), Vitamin B1: 1.17mg (78.14%), Selenium: 35.2µg (50.29%), Vitamin B6: 0.92mg (46.05%), Vitamin B3: 7.77mg (38.84%), Phosphorus: 290.42mg (29.04%), Vitamin C: 22.04mg (26.71%), Vitamin B2: 0.4mg (23.75%), Potassium: 547.23mg (15.64%), Zinc: 2.2mg (14.64%), Vitamin B5: 1.05mg (10.52%), Vitamin B12: 0.58µg (9.64%), Magnesium: 36.73mg (9.18%), Iron: 1.41mg (7.81%), Copper: 0.13mg (6.37%), Vitamin E: 0.58mg (3.84%), Folate: 13.4µg (3.35%), Manganese: 0.07mg (3.28%), Vitamin K: 2.68µg (2.55%), Calcium: 18.34mg (1.83%), Vitamin A: 83.81IU (1.68%), Vitamin D: 0.23µg (1.51%)