



 **96%**
HEALTH SCORE

Fresh Mango-Stuffed Pork Tenderloin

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



3747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices oscar mayer bacon chopped
- 0.5 cup cilantro leaves fresh chopped
- 1 clove garlic thinly sliced
- 0.3 cup golden raisins
- 2 mangos cut into matchlike sticks
- 0.3 cup real mayo mayonnaise kraft
- 2 lb pork tenderloins
- 1 onion red sliced

- 1.5 cups ritz crackers crushed finely
- 6 oz stove top stuffing mix for chicken

Equipment

- frying pan
- paper towels
- oven
- toothpicks
- slotted spoon
- cutting board
- broiler pan

Directions

- Heat oven to 350F.
- Cook and stir bacon in large skillet on medium-high heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 1 Tbsp. drippings; reserve for later use.
- Add onions to skillet; cook 3 min., stirring occasionally.
- Add garlic; cook and stir 2 min.
- Remove from heat; stir in bacon, mangos, cilantro and raisins.
- Place tenderloins, cut-sides up, on cutting board; spoon filling down centers.
- Roll up, starting at one long side of each; secure with wooden toothpicks.
- Brush with mayo; roll in cracker crumbs.
- Heat 1-1/2 tsp. of the reserved bacon drippings in same skillet on medium heat.
- Add 1 tenderloin; cook 4 min. or until evenly browned, turning occasionally.
- Place on rack of broiler pan. Repeat with remaining bacon drippings and tenderloin.
- Bake meat 30 min. or until done (145F). About 10 min. before meat is done, prepare stuffing as directed on package.
- Remove meat from oven; let stand 3 min.

Remove and discard toothpicks from meat before slicing.

Serve with stuffing.

Nutrition Facts

PROTEIN 25.98% **FAT 41.65%** **CARBS 32.37%**

Properties

Glycemic Index:247.42, Glycemic Load:52.12, Inflammation Score:-10, Nutrition Score:87.908695967301%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 27.77mg, Quercetin: 27.77mg, Quercetin: 27.77mg, Quercetin: 27.77mg

Nutrients (% of daily need)

Calories: 3747.39kcal (187.37%), Fat: 172.4g (265.23%), Saturated Fat: 47.51g (296.96%), Carbohydrates: 301.44g (100.48%), Net Carbohydrates: 283.21g (102.99%), Sugar: 111.8g (124.22%), Cholesterol: 731.05mg (243.68%), Sodium: 5194.65mg (225.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 241.9g (483.81%), Vitamin B1: 10.99mg (732.88%), Selenium: 401.2µg (573.14%), Vitamin B6: 8.56mg (427.75%), Vitamin B3: 84.8mg (424.01%), Phosphorus: 3109.07mg (310.91%), Vitamin B2: 4.43mg (260.69%), Vitamin C: 163.48mg (198.16%), Vitamin K: 182.52µg (173.83%), Potassium: 5720.85mg (163.45%), Zinc: 22.05mg (146.97%), Folate: 558.78µg (139.7%), Iron: 22.09mg (122.74%), Manganese: 2.28mg (114.12%), Vitamin B5: 10.76mg (107.58%), Magnesium: 423.91mg (105.98%), Copper: 2.11mg (105.66%), Vitamin A: 5144.86IU (102.9%), Vitamin B12: 5.7µg (94.98%), Vitamin E: 12.39mg (82.57%), Fiber: 18.23g (72.91%), Calcium: 478.55mg (47.86%), Vitamin D: 3.54µg (23.58%)