



Grilled Caribbean Pork with Pineapple Salsa

 Gluten Free  Dairy Free

READY IN



540 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar packed
- 2 teaspoons ground cinnamon
- 2 teaspoons ground allspice
- 1 teaspoon pepper red crushed
- 1 cup orange juice
- 3 tablespoons juice of lime fresh
- 1.5 teaspoons garlic clove finely chopped
- 2.3 lb pork tenderloins trimmed of fat

- 2 cups pineapple fresh chopped
- 0.3 cup bell pepper red chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon brown sugar packed
- 1 tablespoon juice of lime fresh
- 2 teaspoons ground cumin
- 3 tablespoons jalapeno seeded chopped
- 1 tablespoon olive oil

Equipment

- bowl
- frying pan
- grill
- kitchen thermometer
- ziploc bags
- cutting board

Directions

- In large resealable food-storage plastic bag, mix marinade ingredients.
- Place pork tenderloins in bag; seal bag and turn to coat. Refrigerate at least 8 hours or overnight to marinate, turning bag over once or twice.
- Heat gas or charcoal grill for indirect cooking as directed by manufacturer.
- Remove pork from marinade; discard marinade. Before cooking with indirect heat, place pork on grill directly over medium heat. Cover grill; cook 5 minutes. Turn pork; cook 5 minutes on other side.
- To cook with indirect heat, move partially cooked pork to unheated side of two-burner gas grill or over drip pan on charcoal grill. (If using one-burner gas grill, cook over low heat.) Cover grill; cook 25 to 30 minutes longer or until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F.
- Meanwhile, in medium bowl, mix all salsa ingredients except oil. Stir in oil.

Place pork on cutting board; let stand 5 minutes.

Cut diagonally into slices; serve with salsa.

Nutrition Facts

PROTEIN 50.85% **FAT 20.26%** **CARBS 28.89%**

Properties

Glycemic Index:43.61, Glycemic Load:6.28, Inflammation Score:-7, Nutrition Score:29.671739246534%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 5.84mg, Hesperetin: 5.84mg, Hesperetin: 5.84mg, Hesperetin: 5.84mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 289.33kcal (14.47%), Fat: 6.5g (9.99%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 18.89g (6.87%), Sugar: 15.52g (17.24%), Cholesterol: 110.56mg (36.85%), Sodium: 101.12mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.39%), Vitamin B1: 1.79mg (119.66%), Vitamin C: 67.55mg (81.88%), Selenium: 52.86µg (75.51%), Vitamin B6: 1.48mg (73.91%), Vitamin B3: 12.1mg (60.48%), Phosphorus: 443.74mg (44.37%), Vitamin B2: 0.63mg (37.16%), Manganese: 0.74mg (37.02%), Potassium: 907.44mg (25.93%), Zinc: 3.41mg (22.76%), Vitamin B5: 1.71mg (17.12%), Magnesium: 64.88mg (16.22%), Iron: 2.65mg (14.7%), Vitamin B12: 0.87µg (14.46%), Copper: 0.26mg (13.03%), Vitamin A: 552.72IU (11.05%), Vitamin E: 1.31mg (8.72%), Fiber: 1.95g (7.81%), Folate: 29.12µg (7.28%), Vitamin K: 6.26µg (5.96%), Calcium: 48.14mg (4.81%), Vitamin D: 0.34µg (2.27%)