






 **67%**
HEALTH SCORE

Grilled Jamaican Jerk Boneless Pork with Roasted Banana Mango Salsa

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

155 min.

SERVINGS

8

CALORIES

341 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 2 bananas peeled sliced
- 3 pounds pork loin boneless
- 1 cup cilantro leaves fresh chopped
- 1 jalapeño seeds removed, finely chopped
- 3 tablespoons jamaican jerk seasoning dry
- 2 tablespoons juice of lime
- 2 mangos diced peeled

- 3 tablespoons olive oil extra-virgin
- 0.5 onion diced red finely

Equipment

- bowl
- baking sheet
- paper towels
- oven

Directions

- Preheat oven to 350 degrees F.
- Pat the pork dry with a paper towel and rub 3 tablespoons of jerk seasoning on the meat.
- Let marinate for 45 minutes at room temperature, covered.
- After 45 minutes have passed, rub the meat with the olive oil, put on a baking sheet, and bake for 45 minutes.
- Let rest for 10 minutes.
- On another baking sheet, roast the bananas until they begin to caramelize, about 25 minutes. Set aside and let cool.
- In a bowl, combine the mango, jalapeno, red onion, lime juice, cilantro, and bananas.

Nutrition Facts



Properties

Glycemic Index:24.69, Glycemic Load:7.02, Inflammation Score:-8, Nutrition Score:24.509999762411%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg

Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 341.36kcal (17.07%), Fat: 12.9g (19.85%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 14.25g (5.18%), Sugar: 11.35g (12.61%), Cholesterol: 107.16mg (35.72%), Sodium: 134.79mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.38g (78.77%), Vitamin B6: 1.54mg (76.84%), Selenium: 48.4µg (69.14%), Vitamin B3: 10.72mg (53.6%), Vitamin B1: 0.79mg (52.72%), Phosphorus: 409.39mg (40.94%), Vitamin A: 1624.15IU (32.48%), Vitamin C: 25.67mg (31.12%), Potassium: 916.45mg (26.18%), Vitamin B2: 0.39mg (23.2%), Zinc: 3.31mg (22.06%), Vitamin E: 2.74mg (18.26%), Magnesium: 63.61mg (15.9%), Vitamin B5: 1.52mg (15.24%), Vitamin K: 15.23µg (14.5%), Vitamin B12: 0.87µg (14.46%), Fiber: 2.88g (11.5%), Copper: 0.22mg (10.91%), Manganese: 0.19mg (9.75%), Iron: 1.68mg (9.36%), Folate: 32.39µg (8.1%), Vitamin D: 0.68µg (4.54%), Calcium: 29.28mg (2.93%)