



Grilled Jamaican Pork Tenderloin Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons brown sugar
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons juice of lime fresh

- ☐ 1 tablespoon olive oil
- ☐ 1 cup papaya chopped
- ☐ 2 cups pineapple fresh peeled chopped
- ☐ 1 pound pork tenderloin
- ☐ 4 cups salad greens
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons teaspoons thyme leaves dried fresh

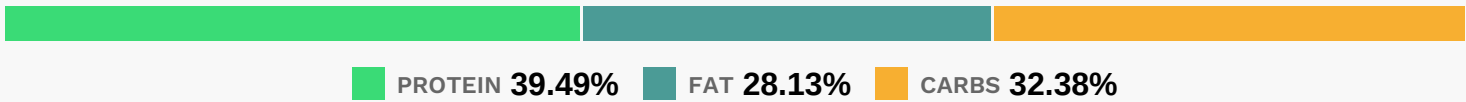
Equipment

- ☐ food processor
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ To prepare dressing, combine first 11 ingredients in a food processor; process until smooth.
- ☐ To prepare pork, slice pork lengthwise, cutting to, but not through, other side. Open halves, laying pork flat. Rub 2 tablespoons dressing on pork; reserve remaining dressing.
- ☐ Place pork on grill rack coated with cooking spray; cook 10 minutes on each side or until a meat thermometer registers 15
- ☐ Let stand 5 minutes.
- ☐ Cut pork into 1/4-inch-thick slices; toss with reserved dressing.
- ☐ Place 1 cup greens on each of 4 plates; top with 3 ounces pork, 1/2 cup pineapple, and 1/4 cup papaya.

Nutrition Facts



Properties

Glycemic Index:82.35, Glycemic Load:7.87, Inflammation Score:-10, Nutrition Score:25.515217366426%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 247.49kcal (12.37%), Fat: 7.88g (12.12%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 17.84g (6.49%), Sugar: 13.01g (14.45%), Cholesterol: 73.71mg (24.57%), Sodium: 365.39mg (15.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.88g (49.76%), Vitamin C: 78.32mg (94.93%), Vitamin B1: 1.21mg (80.34%), Vitamin B6: 1.03mg (51.73%), Manganese: 1mg (50.21%), Selenium: 34.99µg (49.98%), Vitamin B3: 8.36mg (41.81%), Phosphorus: 308.75mg (30.87%), Vitamin B2: 0.46mg (26.92%), Potassium: 716.98mg (20.49%), Vitamin A: 1010.02IU (20.2%), Zinc: 2.43mg (16.19%), Magnesium: 60.53mg (15.13%), Iron: 2.41mg (13.39%), Copper: 0.26mg (13.07%), Vitamin B5: 1.28mg (12.77%), Folate: 45.38µg (11.35%), Fiber: 2.57g (10.26%), Vitamin B12: 0.59µg (9.83%), Vitamin E: 0.9mg (6.02%), Calcium: 53.41mg (5.34%), Vitamin K: 3.94µg (3.75%), Vitamin D: 0.34µg (2.27%)